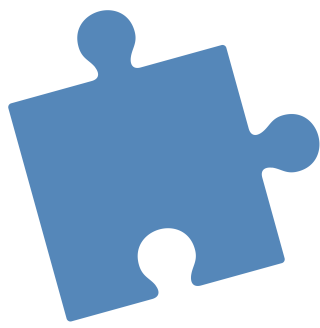
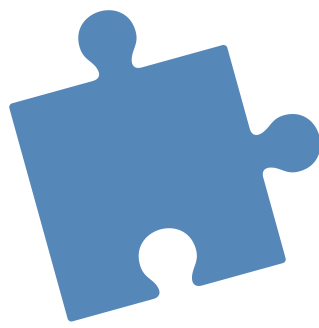
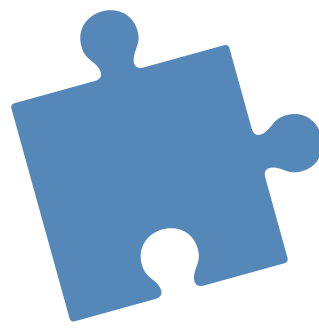




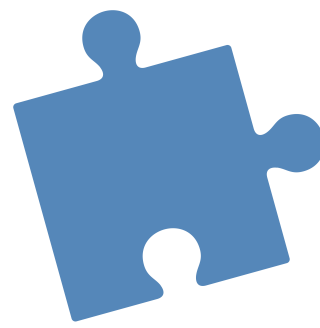
1.Smoking



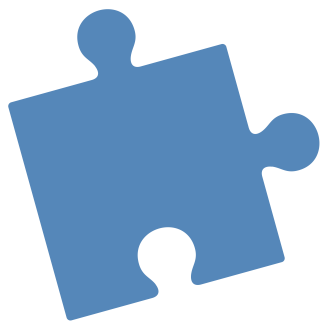
2. Alcohol



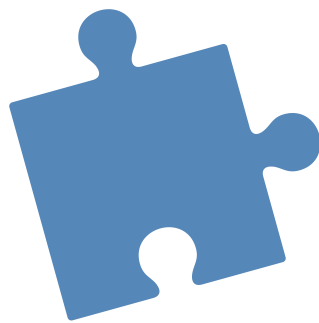
3. Emergency Aid



4. Body Image



5. My Relationship with Food



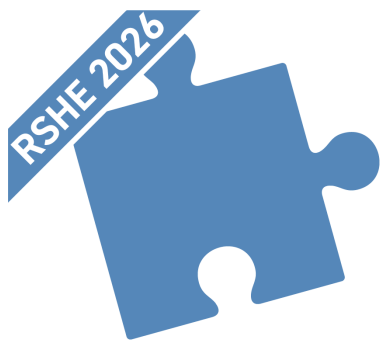
6. Healthy Me



1. Smoking and Vaping



2. Alcohol



3. Emergency Aid



4. Body Image



5. My Relationship with Food



6. Healthy Me

Puzzle Map

Puzzle Map (2026)

Class Teacher Prep

Class Teacher Prep (2026)

Assessment

Knowledge Organisers

Vocabulary

Legacy Learning Journeys

Community →

Contact →

Puzzle Map - Ages 9-10

Puzzle Outcome

Help me fit together the six pieces of learning about Healthy Me to create 'The Happy, Healthy Me Recipe Book' (Piece 5: Healthy body image)



Weekly Celebration (Find out more).	Piece <i>and Vocabulary</i>	PSHE learning intention	Social and emotional development learning intention	Resources <i>For every lesson:</i> <u>Jigsaw Charter</u> Jigsaw Chime Jigsaw Jez My Jigsaw Journey Jigsaw Journals <u>Learning/Reflection Sheets</u> Jigsaw Jerrie Cat.
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Have made a healthy choice	1. Smoking • <i>Choices</i> • <i>Healthier behaviour</i> • <i>Less healthy behaviour</i> • <i>Informed decision</i> • <i>Pressure</i> • <i>Media</i> • <i>Influence</i> • <i>Vaping</i>	I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart	I can make an informed decision about whether or not I choose to smoke and know how to resist pressure	Smoking quiz and sheet answers Combined Jigsaw Journeys
Have eaten a healthy, balanced diet	2. Alcohol • <i>Choices</i> • <i>Healthy behaviour</i> • <i>Unhealthy behaviour</i> • <i>Informed decision</i> • <i>Pressure</i> • <i>Media</i> • <i>Influence</i>	I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart	I can make an informed decision about whether or not I choose to drink alcohol and know how to resist pressure	Alcohol puzzle pieces
Have been physically active	3. Emergency Aid • <i>Emergency</i> • <i>Procedure</i> • <i>Recovery position</i> • <i>Calm</i> • <i>Level-headed</i>	I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations	I know how to keep myself calm in emergencies	Optional: Teacher could source an appropriate video from the internet that shows the stage of the recovery position Recovery position sheets Storyboard template Emergency situation cards
Have tried to keep themselves and others safe	4. Body Image • <i>Body image</i> • <i>Media</i> • <i>Social media</i> • <i>Celebrity</i> • <i>Altered</i> • <i>Self-respect</i> • <i>Comparison</i>	I understand how the media, social media and celebrity culture promotes certain body types	I can reflect on my own body image and know how important it is that this is positive and I accept and respect myself for who I am	Teacher to source 'Photo- shopped images of celebrities; before and after). Easily obtained online; Ensure male and female pictures are included. Timer Message game cards

Know how to be a good friend and enjoy healthy friendships	5. My Relationship with Food • <i>Body image</i> • <i>Informed decisions/choices</i> • <i>Pressure</i> Puzzle Outcome : Healthy Body Image	I can describe the different attitudes people have to food and how these can be affected by external influences	I respect and value my body	Teacher to source a range of food adverts e.g. from online sources or from magazines White card <u>'Food is...' sorting cards</u>
Know how to keep calm and deal with difficult situations	6. Healthy Me • <i>Debate</i> • <i>Opinion</i> • <i>Fact</i> • <i>Choices</i> • <i>Healthy lifestyle</i> • <i>Motivation</i> Assessment Opportunity	I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy	I am motivated to keep myself healthy and happy	<u>Debate cards (if being used).</u> <u>Certificates</u>

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