



1. Being Fit and Healthy



2. Being Fit and Healthy



3. What Do I Know About Drugs?



4. Being Safe



5. Safe or Unsafe?



6. My Amazing Body



1. Fit and Healthy



2. Food and Energy



3. What Do I Know About Drugs?



4. Being Safe and Getting Help



5. Safe or Unsafe



6. My Amazing Body

Puzzle Map

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Puzzle Map - Ages 7-8

Puzzle Outcome

Help me fit together the six pieces of learning about Healthy Me to create 'The Happy, Healthy Me Recipe Book' (Piece 4: Keeping safe)



Weekly Celebration	Piece	PSHE learning intention	Social and emotional development learning intention	Resources
(Find out more).	and Vocabulary			For every lesson: Jigsaw Charter Jigsaw Jino Jigsaw Chime My Jigsaw Journey Jigsaw Journals Learning/Reflection Sheets Jigsaw Jerrie Cat

Have made a healthy choice	1. Being Fit and Healthy <i>Oxygen</i> <i>Energy</i> <i>Calories/ Kilojoules</i> <i>Heartbeat</i> <i>Lungs</i> <i>Heart</i> <i>Fitness</i>	I understand how exercise affects my body and know why my heart and lungs are such important organs	I can set myself a fitness challenge	<u>Fitness Challenge Template</u>
Have eaten a healthy, balanced diet	2. Being Fit and Healthy <i>Energy</i> <i>Calories/ Kilojoules</i> <i>Labels</i> <i>Sugar</i> <i>Fat</i> <i>Saturated Fat</i>	I know that the amount of calories, fat and sugar I put into my body will affect my health	I know what it feels like to make a healthy choice	Range of food/drink (some with food labelling that show the amount of energy, fats and sugar). Try to include some heathy and less healthy choices depending on the amount of sugar and fat). <u>Jigsaw Song: ‘Make A Good Decision’ (embedded in lesson)</u> <u>‘How much sugar?’ game</u>
Have been physically active	3. What Do I Know About Drugs? <i>Healthy</i> <i>Drugs</i> <i>Attitude</i>	I can tell you my knowledge and attitude towards drugs	I can identify how I feel towards drugs	<u>Feelings words template</u>
Have tried to keep themselves and others safe	4. Being Safe <i>Safe</i> <i>Anxious</i> <i>Scared</i> <i>Strategy</i> <i>Dangerous</i> <i>Emergency</i> <i>Emergency Services</i> Puzzle outcome: Keeping safe	I can identify things, people and places that I need to keep safe from I know some strategies for keeping myself safe, who to go to for help and how to call emergency services	I can express how being anxious or scared feels	A piece of foreboding music e.g. Theme from Jaws <u>Emergency. Services images</u>
Know how to be a good friend and enjoy healthy friendships	5. Safe or Unsafe <i>Safe</i> <i>Harmful</i> <i>Risk</i> <i>Feelings</i>	I can identify when something feels safe or unsafe	I can take responsibility for keeping myself and others safe	<u>Short story template</u>

Know how to keep calm and deal with difficult situations	6. My Amazing Body • <i>Complex</i> • <i>Appreciate</i> • <i>Body</i> • <i>Healthy</i> • <i>Safe</i> • <i>Choice</i> • <i>Risk</i> Assessment Opportunity	I understand how complex my body is and how important it is to take care of it	I respect my body and appreciate what it does for me	Other infographic examples (teacher to source online) Paper/pens (Optional: computers/tablets for children to design infographic) <u>Certificates</u>
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