

## PSHE Jigsaw – **Healthy Me** – Spring 2 Coverage

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Week 1</b>	<p>Everybody's body</p> <p>Understand that I need to exercise to keep my body healthy</p>	<p>Being healthy</p> <p>Understand the difference between being healthy and less healthy, and know some ways to keep myself healthy</p> <p>Feel good about myself when I make healthy choices</p>	<p>Healthy eating</p> <p>Sort foods into the correct food groups and know which foods my body needs every day to keep me healthy</p> <p>Have a healthy relationship with food and know which foods I enjoy the most</p>	<p>Fit and healthy</p> <p>Understand how exercise affects my body and know why my heart and lungs are such important organs</p> <p>Set myself a fitness challenge</p>	<p>My friends and me</p> <p>Recognise how different friendship groups are formed, how I fit into them and the friends I value the most</p> <p>Identify the feelings I have about my friends and my different friendship groups</p>	<p>Smoking and vaping</p> <p>Know there are health risks with smoking and vaping and can tell some of the ways that they are harmful to the body</p> <p>Make an informed decision about whether or not I choose to smoke or vape and know how to resist pressure</p>	<p>Taking responsibilities for my health and well-being</p> <p>Take responsibility for my health and make choices that benefit my health and well-being</p> <p>Am motivated to care for my physical and emotional health</p>
<b>Week 2</b>	<p>We like to move it, move it!</p> <p>Understand how moving and resting are good for my body</p>	<p>Healthy choices</p> <p>Know how to make healthy lifestyle choices</p> <p>Feel good about myself when I make healthy choices</p>	<p>Healthy eating</p> <p>Make some healthy snacks and explain why they are good for my body</p> <p>Express how it feels to share healthy food with my friends</p>	<p>Food and energy</p> <p>Know that the amount of calories, fat and sugar I put into my body will affect my health</p> <p>Know what it feels like to make a healthy choice</p>	<p>Keeping safe with friends</p> <p>Understand how peer influence can lead to unsafe choices, including fire risks and risky behaviour, and know how to reduce risks and ask for help</p> <p>Recognise feelings of embarrassment, pressure or wanting to fit in that might stop me making safe choices, and know how to manage these feelings to keep myself safe</p>	<p>Alcohol</p> <p>Know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart</p> <p>Make an informed decision about whether or not I choose to drink alcohol and know how to resist pressure</p>	<p>Drugs</p> <p>Know about different types of drugs and their uses and their effects on the body particularly the liver and heart</p> <p>Am motivated to find ways to be happy and cope with life's situations without using drugs</p>
<b>Week 3</b>	<p>Food glorious food</p> <p>Know which foods are healthy and not so</p>	<p>Clean and healthy</p> <p>Know how to keep myself clean and healthy, and understand</p>	<p>Keeping safe at home</p> <p>Recognise hazards in my home, including fire risks and hot</p>	<p>What do I know about drugs?</p> <p>Tell you my knowledge and attitude towards drugs</p>	<p>Smoking and vaping</p> <p>Know some facts about the effects of smoking and vaping on health, and why some</p>	<p>Emergency aid</p> <p>Know and can put into practice basic emergency aid procedures (including recovery</p>	<p>Exploitation</p> <p>Understand that some people can be exploited and made to do things that are against the law</p>

	healthy and can make healthy eating choices	how germs cause disease/illness, and know that all household products, including medicines, can be harmful if not used properly Know that I am special so I keep myself safe	things, and know how to reduce risks and keep myself safe Recognise when I feel worried or unsafe and know to tell an adult straight away	Identify how I feel towards drugs	people might start to smoke or vape Recognise negative feelings in peer pressure situations (such as embarrassment, shame, inadequacy and guilt) and know how to act assertively to resist pressure from myself and others	position) and know how to get help in emergency situations Know how to keep myself calm in emergencies	Suggest ways that someone who is being exploited can help themselves
Week 4	Sweet dreams  Know how to help myself go to sleep and understand why sleep is good for me	Medicine safety  Understand that medicines can help me if I feel poorly and I know how to use them safely Know some ways to help myself when I feel poorly	Safe outside  Recognise risks and know how to keep safe around roads, railways, and water, and can explain why safety rules help protect me Recognise some of the feelings I get when something feels unsafe and know some ways to manage these to make a safer choice	Being safe and getting help  Identify things, people and places that I need to keep safe from, and know some strategies for keeping myself safe, who to go to for help and how to call emergency services Express how being anxious or scared feels	Alcohol  Understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol Recognise negative feelings in peer pressure situations (such as embarrassment, shame, inadequacy and guilt) and know how to act assertively to resist pressure from myself and others	Body image  Understand how the media, social media and celebrity culture promotes certain body types 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	Gangs  Know why some people join gangs and the risks this involves Suggest strategies someone could use to avoid being pressurised
Week 5	Keeping clean  Wash my hands thoroughly and understand why this is important especially before I eat	Road safety  Know how to keep safe when crossing the road, and about people who can help me to stay safe Recognise when I feel frightened and	Medicine safety  Understand how medicines work in my body and how important it is to use them safely Feel positive about caring	Safe or unsafe  Identify when something feels safe or unsafe Take responsibility for keeping myself and others safe	Healthy friendships  Recognise when people are putting me under pressure and can explain ways to resist this when I want Identify feelings of anxiety and	My relationship with food  Describe the different attitudes people have to food and how these can be affected by external influences	Emotional and mental health  Understand what it means to be emotionally well and explore people's attitudes towards mental health/illness Know how to help myself feel

	and after I go to the toilet	know who to ask for help	for my body and keeping it healthy		fear associated with peer pressure	Respect and value my body	emotionally healthy and recognise when I need help with this
Week 6	<p>Safe adults</p> <p>Know who my safe adults are and how to stay safe if they are not close by me</p>	<p>Happy, healthy me</p> <p>Tell you why I think my body is amazing and can identify some ways to keep it safe and healthy</p> <p>Recognise how being healthy helps me to feel happy</p>	<p>Happy, healthy me</p> <p>Explain how to keep my body healthy and safe at home and when I'm out</p> <p>Make good choices that help me stay healthy and safe</p>	<p>My amazing body</p> <p>Understand how complex my body is and how important it is to take care of it</p> <p>Respect my body and appreciate what it does for me</p>	<p>Celebrating my inner strength and assertiveness</p> <p>Know myself well enough to have a clear picture of what I believe is right and wrong</p> <p>Tap into my inner strength and know how to be assertive</p>	<p>Healthy me</p> <p>Know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy</p> <p>Am motivated to keep myself healthy and happy</p>	<p>Managing stress and pressure</p> <p>Recognise stress and the triggers that cause this and understand how stress can cause drug and alcohol misuse</p> <p>Use different strategies to manage stress and pressure</p>