

Jigsaw PHSE Spring 2 Healthy Me

EYFS

<i>Knowledge</i>	<i>Social and Emotional</i>	<i>Questions for family learning</i>
<ul style="list-style-type: none">• Know the names for some parts of their body• Know what the word 'healthy' means• Know some things that they need to do to keep healthy• Know that they need to exercise to keep healthy• Know how to help themselves go to sleep and that sleep is good for them• Know when and how to wash their hands properly• Know what to do if they get lost• Know how to say No to strangers	<ul style="list-style-type: none">• Know the names for some parts of their body• Know what the word 'healthy' means• Know some things that they need to do to keep healthy• Know that they need to exercise to keep healthy• Know how to help themselves go to sleep and that sleep is good for them• Know when and how to wash their hands properly• Know what to do if they get lost• Know how to say No to strangers	<ul style="list-style-type: none">• Know the names for some parts of their body• Know what the word 'healthy' means• Know some things that they need to do to keep healthy• Know that they need to exercise to keep healthy• Know how to help themselves go to sleep and that sleep is good for them• Know when and how to wash their hands properly• Know what to do if they get lost• Know how to say No to strangers
<p>In this Puzzle children learn about their bodies; the names of some key parts as well as how to stay healthy. They talk about food and that some foods are healthier than others. They discuss the importance of sleep and what they can do to help themselves get to sleep. They talk about hand washing and why it is important. The class also discuss safe adults and what they should do if approached by someone they don't know.</p>		
<p>New key vocabulary that may be introduced: Healthy, Exercise, Head, Shoulders, Knees, Toes, Sleep, Heart, Active, Wash, Clean, Safe adult, Scared, Trust.</p>		

Year 1

<i>Knowledge</i>	<i>Social and Emotional</i>	<i>Questions for family learning</i>
<ul style="list-style-type: none">• Know the difference between being healthy and unhealthy• Know some ways to keep healthy• Know how to make healthy lifestyle choices• Know how to keep themselves clean and healthy• Know that germs cause disease / illness• Know that all household products, including medicines, can be harmful if not used properly• Know that medicines can help them if they feel poorly• Know how to keep safe when crossing the road• Know about people who can keep them safe	<ul style="list-style-type: none">• Know the difference between being healthy and unhealthy• Know some ways to keep healthy• Know how to make healthy lifestyle choices• Know how to keep themselves clean and healthy• Know that germs cause disease / illness• Know that all household products, including medicines, can be harmful if not used properly• Know that medicines can help them if they feel poorly• Know how to keep safe when crossing the road• Know about people who can keep them safe	<ul style="list-style-type: none">• Know the difference between being healthy and unhealthy• Know some ways to keep healthy• Know how to make healthy lifestyle choices• Know how to keep themselves clean and healthy• Know that germs cause disease / illness• Know that all household products, including medicines, can be harmful if not used properly• Know that medicines can help them if they feel poorly• Know how to keep safe when crossing the road• Know about people who can keep them safe
<p>In this Puzzle the class talk healthy and unhealthy choices and how these choices make them feel. They talk about hygiene, keeping themselves clean and that germs can make you unwell. The children learn about road safety as well as people who can help them to stay safe.</p>		
<p>New key vocabulary that may be introduced: Healthy, Unhealthy, Balanced, Exercise, Sleep, Choices, Clean, Body parts, Hygienic, Safe Medicines, Trust, Safe, Safety, Green Cross Code, Eyes, Ears, Look, Listen, Wait.</p>		

Year 2

<i>Knowledge</i>	<i>Social and Emotional</i>	<i>Questions for family learning</i>
<ul style="list-style-type: none">• Know what their body needs to stay healthy• Know what relaxed means• Know what makes them feel relaxed / stressed• Know how medicines work in their bodies• Know that it is important to use medicines safely• Know how to make some healthy snacks• Know why healthy snacks are good for their bodies• Know which foods given their bodies energy	<ul style="list-style-type: none">• Know what their body needs to stay healthy• Know what relaxed means• Know what makes them feel relaxed / stressed• Know how medicines work in their bodies• Know that it is important to use medicines safely• Know how to make some healthy snacks• Know why healthy snacks are good for their bodies• Know which foods given their bodies energy	<ul style="list-style-type: none">• Know what their body needs to stay healthy• Know what relaxed means• Know what makes them feel relaxed / stressed• Know how medicines work in their bodies• Know that it is important to use medicines safely• Know how to make some healthy snacks• Know why healthy snacks are good for their bodies• Know which foods given their bodies energy
<p>In this Puzzle the class learn about healthy food; they talk about having a healthy relationship with food and making healthy choices. The children talk about things that make them feel relaxed and stressed. They talk about medicines, how they work and how to use them safely. The children have a go at making healthy snacks and also discuss why they are good for their bodies.</p>		
<p>New key vocabulary that may be introduced: Healthy choices, Lifestyle, Motivation, Relax, Relaxation, Tense, Calm, Healthy, Dangerous, Balanced diet, Portion, Proportion, Energy, Fuel, Nutritious.</p>		

Year 3

<i>Knowledge</i>	<i>Social and Emotional</i>	<i>Questions for family learning</i>
<ul style="list-style-type: none"> • Know how exercise affects their bodies • Know why their hearts and lungs are such important organs • Know that the amount of calories, fat and sugar that they put into their bodies will affect their health • Know that there are different types of drugs • Know that there are things, places and people that can be dangerous • Know a range of strategies to keep themselves safe • Know when something feels safe or unsafe • Know that their bodies are complex and need taking care of 	<ul style="list-style-type: none"> • Know how exercise affects their bodies • Know why their hearts and lungs are such important organs • Know that the amount of calories, fat and sugar that they put into their bodies will affect their health • Know that there are different types of drugs • Know that there are things, places and people that can be dangerous • Know a range of strategies to keep themselves safe • Know when something feels safe or unsafe • Know that their bodies are complex and need taking care of 	<ul style="list-style-type: none"> • Know how exercise affects their bodies • Know why their hearts and lungs are such important organs • Know that the amount of calories, fat and sugar that they put into their bodies will affect their health • Know that there are different types of drugs • Know that there are things, places and people that can be dangerous • Know a range of strategies to keep themselves safe • Know when something feels safe or unsafe • Know that their bodies are complex and need taking care of
<p>In this Puzzle the class talk about the importance of exercise and how it helps your body to stay healthy. They also talk about their heart and lungs, discuss what they do and that they are very important. The children talk about calories, fat and sugar; they discuss what each of these are and how the amount they consume can affect their health. The class talk about different types of drugs, the ones you take to make you better as well as other drugs. The children think about things, places and people that are dangerous and link this to strategies for keeping themselves safe.</p>		
<p>New key vocabulary that may be introduced: Oxygen, Energy, Calories / kilojoules, Heartbeat, Lungs, Fitness, Labels, Sugar, Fat, Saturated fat, Healthy, Drugs, Attitude, Safe, Anxious, Scared, Strategy, Advice, Harmful, Risk, Complex, Appreciate, Choice, Emergency Services, Ambulance, Fire engine, Police Car, Coastguard.</p>		

Year 4

<i>Knowledge</i>	<i>Social and Emotional</i>	<i>Questions for family learning</i>
<ul style="list-style-type: none"> • Know how different friendship groups are formed and how they fit into them • Know which friends they value most • Know that there are leaders and followers in groups • Know that they can take on different roles according to the situation • Know the facts about smoking and vaping and its effects on health • Know some of the reasons some people start to smoke • Know the facts about alcohol and its effects on health, particularly the liver • Know some of the reasons some people drink alcohol • Know ways to resist when people are putting pressure on them • Know what they think is right and wrong 	<ul style="list-style-type: none"> • Know how different friendship groups are formed and how they fit into them • Know which friends they value most • Know that there are leaders and followers in groups • Know that they can take on different roles according to the situation • Know the facts about smoking and vaping and its effects on health • Know some of the reasons some people start to smoke • Know the facts about alcohol and its effects on health, particularly the liver • Know some of the reasons some people drink alcohol • Know ways to resist when people are putting pressure on them • Know what they think is right and wrong 	<ul style="list-style-type: none"> • Know how different friendship groups are formed and how they fit into them • Know which friends they value most • Know that there are leaders and followers in groups • Know that they can take on different roles according to the situation • Know the facts about smoking and vaping and its effects on health • Know some of the reasons some people start to smoke • Know the facts about alcohol and its effects on health, particularly the liver • Know some of the reasons some people drink alcohol • Know ways to resist when people are putting pressure on them • Know what they think is right and wrong
<p>In this Puzzle the class look at the friendship groups that they are part of, how they are formed, how they have leaders and followers and how they fit into them. The children are asked to reflect on their friendships, how different people make them feel and which friends they value the most. The class also look at smoking and vaping and its effects on health, they do the same with alcohol and then look at the reasons why people might drink or smoke. Finally, they talk about peer pressure and how to deal with it.</p>		
<p>New key vocabulary that may be introduced: Friendship, Emotions, Relationships, Friendship groups, Value, Roles, Leader, Follower, Assertive, Agree, Disagree, Smoking, Vaping, Pressure, Peers, Guilt, Alcohol, Liver, Disease, Anxiety, Fear, Believe, Opinion.</p>		

Year 5

<i>Knowledge</i>	<i>Social and Emotional</i>	<i>Questions for family learning</i>
<ul style="list-style-type: none">• Know the health risks of smoking and vaping• Know how smoking tobacco affects the lungs, liver and heart• Know some of the risks linked to misusing alcohol, including antisocial behaviour• Know basic emergency procedures including the recovery position• Know how to get help in emergency situations• Know that the media, social media and celebrity culture promotes certain body types• Know that messages we receive about food come from different places and that these can affect people's attitude to foods.• Know what makes a healthy lifestyle	<ul style="list-style-type: none">• Know the health risks of smoking and vaping• Know how smoking tobacco affects the lungs, liver and heart• Know some of the risks linked to misusing alcohol, including antisocial behaviour• Know basic emergency procedures including the recovery position• Know how to get help in emergency situations• Know that the media, social media and celebrity culture promotes certain body types• Know that messages we receive about food come from different places and that these can affect people's attitude to foods.• Know what makes a healthy lifestyle	<ul style="list-style-type: none">• Know the health risks of smoking and vaping• Know how smoking tobacco affects the lungs, liver and heart• Know some of the risks linked to misusing alcohol, including antisocial behaviour• Know basic emergency procedures including the recovery position• Know how to get help in emergency situations• Know that the media, social media and celebrity culture promotes certain body types• Know that messages we receive about food come from different places and that these can affect people's attitude to foods.• Know what makes a healthy lifestyle
<p>In this Puzzle the class look at the risks linked to smoking and how this affects the lungs, liver and heart. They do the same with the risks associated with alcohol misuse. They are taught a range of basic emergency procedures (including the recovery position) and learn how to contact the emergency services when needed. The children look at how body types are portrayed in the media, social media and celebrity culture. They also talk about negative body image pressures and the importance of making informed decisions about food and exercise.</p>		
<p>New key vocabulary that may be introduced: Choices, Healthy behaviour, Less healthy behaviour, Informed decision, Media, Influence, Emergency Procedure, Recovery position, Calm, Level-headed, Body image, Media, Social media, Celebrity, Altered, Self-respect, Comparison, Respect, Debate, Fact, Motivation.</p>		

Year 6

<i>Knowledge</i>	<i>Social and Emotional</i>	<i>Questions for family learning</i>
<ul style="list-style-type: none"> • Know how to take responsibility for their own health • Know how to make choices that benefit their own health and well-being • Know about different types of drugs and their uses • Know how these different types of drugs can affect people's bodies, especially their liver and heart • Know that some people can be exploited and made to do things that are against the law • Know why some people join gangs and the risk that this can involve • Know what it means to be emotionally well • Know that stress can be triggered by a range of things • Know that being stressed can cause drug and alcohol misuse 	<ul style="list-style-type: none"> • Know how to take responsibility for their own health • Know how to make choices that benefit their own health and well-being • Know about different types of drugs and their uses • Know how these different types of drugs can affect people's bodies, especially their liver and heart • Know that some people can be exploited and made to do things that are against the law • Know why some people join gangs and the risk that this can involve • Know what it means to be emotionally well • Know that stress can be triggered by a range of things • Know that being stressed can cause drug and alcohol misuse 	<ul style="list-style-type: none"> • Know how to take responsibility for their own health • Know how to make choices that benefit their own health and well-being • Know about different types of drugs and their uses • Know how these different types of drugs can affect people's bodies, especially their liver and heart • Know that some people can be exploited and made to do things that are against the law • Know why some people join gangs and the risk that this can involve • Know what it means to be emotionally well • Know that stress can be triggered by a range of things • Know that being stressed can cause drug and alcohol misuse
<p>In this Puzzle the children discuss taking responsibility for their own physical and emotional health and the choices linked to this. They talk about different types of drugs and the effects these can have on people's bodies. The class discuss exploitation as well as gang culture and the associated risks. They also talk about mental health / illness and that people have different attitudes towards this. They learn to recognise the triggers for and feelings of being stressed and that there are strategies they can use when they are feeling stressed.</p>		
<p>New key vocabulary that may be introduced: Responsibility, Choice, Immunisation, Prevention, Effects, Motivation, Prescribed, Unrestricted, Over-the-counter, Restricted, Illegal, Volatile substances, 'Legal highs', Exploited, Vulnerable, Criminal, Gangs, Strategies, Reputation, Anti-social behaviour, Crime, Mental health, Emotional health, Mental illness, Symptoms, Stress, Triggers.</p>		