



Whole School Overview Spring 2: Healthy Me



Healthy Me Puzzle Map - F2 (Reception) - Ages 4-5

Puzzle Outcome

Help me fit together the six pieces of learning about Healthy Me to create the Bedtime section of the Healthy Me Recipe Book (see Piece 4)

Weekly Celebration	Pieces	Learning Intentions	Resources
Have made a healthy choice	1. Everybody's Body	I understand that I need to exercise to keep my body healthy	Jigsaw Song sheet: 'Make a Good Decision' Jigsaw Jenie Colouring pictures Assortment of pictures of active play/sports (Teachers to find more) Jigsaw Jerrie Cat Jigsaw Chime
Have eaten a healthy, balanced diet	2. We like to move it, move it!	I understand how moving and resting are good for my body	Large space needed Calm music to assist with the cool down Small apparatus Jigsaw Jenie Jigsaw Jerrie Cat Jigsaw Chime
Have been physically active	3. Food, Glorious Food	I know which foods are healthy and not so healthy and can make healthy eating choices	An assortment of healthy food and not so healthy food (preferably real) to make a sandwich Fruit for directed activity Shopping bags/basket Food, Glorious Food song Jigsaw Jenie Jigsaw Jerrie Cat Jigsaw Chime
Have tried to keep themselves and others safe	4. Sweet Dreams	I know how to help myself go to sleep and understand why sleep is good for me	Bedtime equipment: Pyjamas, Teddy, Hot water bottle, Dressing gown, Glass of milk, Night light, Story book Chitty Chitty Bang Bang DVD (or similar example) Jigsaw Jenie Lullaby CD Large clock Jigsaw Jerrie Cat Jigsaw Chime
Know how to be a good friend and enjoy healthy friendships	5. Keeping Clean	I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet	Cleaning equipment: jug of water, bowl, soap, flannel, towel Fruit/vegetables Dirt Jigsaw Jenie Jigsaw Jerrie Cat Jigsaw Chime
Know how to keep calm and deal with difficult situations	6. Stranger Danger	I know what a stranger is and how to stay safe if a stranger approaches me	Book: 'Not Everyone is Nice' (Let's Talk Book) by Ann Tedesco, or similar Book: 'Never Talk to Strangers', by Irma Joyce If possible, ask your local PCSO to come by and chat to the children about Stranger Danger. Jigsaw Jenie Jigsaw Jerrie Cat Jigsaw Chime



Year 1

Healthy Me Puzzle Map - Ages 5-6



Puzzle Outcome

Help me fit together the six pieces of learning about Healthy Me to create 'The Happy, Healthy Me Recipe Book'
Piece 6: Keeping clean and healthy

Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention	Resources
Have made a healthy choice	1. Being Healthy	I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy	I feel good about myself when I make healthy choices	Jigsaw Chime, 'Calm Me' script, PowerPoint slides, Healthy Balance Sum sheet, Jigsaw Journals, My Jigsaw Learning, Jigsaw Jerrie Cat.
Have eaten a healthy, balanced diet	2. Healthy Choices	I know how to make healthy lifestyle choices	I feel good about myself when I make healthy choices	Jigsaw Chime, 'Calm Me' script, Jigsaw Jack, Jigsaw Son: 'Make a Good Decision', PowerPoint slides, Child picture template, Healthy Balance Sum sheet, Jigsaw Journals, My Jigsaw Learning, Jigsaw Jerrie Cat.
Have been physically active	3. Clean and Healthy	I know how to keep myself clean and healthy, and understand how germs cause disease/illness I know that all household products including medicines can be harmful if not used properly	I am special so I keep myself safe	Jigsaw Chime, 'Calm Me' script, Jigsaw Jack, Bag of toiletry items, e.g. toothbrush, shampoo, soap, etc., Empty bathroom and kitchen cleaning products, Pictures of household products, Jigsaw Journals, My Jigsaw Learning, Jigsaw Jerrie Cat.
Have tried to keep themselves and others safe	4. Medicine Safety	I understand that medicines can help me if I feel poorly and I know how to use them safely	I know some ways to help myself when I feel poorly	Jigsaw Chime, 'Calm Me' script, Jigsaw Jack, Empty medicine packaging, Picture cards, Jigsaw Journals, My Jigsaw Learning, Jigsaw Jerrie Cat.
Know how to be a good friend and enjoy healthy friendships	5. Road Safety	I know how to keep safe when crossing the road, and about people who can help me to stay safe	I can recognise when I feel frightened and know who to ask for help	Jigsaw Chime, 'Calm Me' script, Jigsaw Jack, PowerPoint slide: Learn to cross the road, Jigsaw Journals, My Jigsaw Learning, Jigsaw Jerrie Cat.
Know how to keep calm and deal with difficult situations	6. Happy, Healthy Me Assessment Opportunity ★ Puzzle outcome: Keeping clean and healthy	I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy	I can recognise how being healthy helps me to feel happy	Jigsaw Chime, 'Calm Me' script, Jigsaw Jack, Keeping Clean and Healthy timeline template, Jigsaw Journals, My Jigsaw Learning, Certificates, Jigsaw Jerrie Cat.

Exemplification for Ages 5-6 Healthy Me Puzzle

These are examples of the style of answers that children may write/and say within their Jigsaw Journals and in response to Piece 6 in particular. The content could be different.

WORKING TOWARDS
<p>My body is amazing because I can run and walk. I need to keep fit.</p> <p>I take care of my body by eating fruit and vegetables.</p>

Agnes 5-6 expectation	WORKING AT
<p>My body is amazing because I have hands that help me do lots of things like draw and wave. If I exercise and eat healthily it helps my body work.</p> <p>When I eat healthy food and have a good night's sleep, I feel happy.</p>	

WORKING BEYOND
<p>My body is amazing because it's special to me. I have lots of body parts like teeth and a brain. I need to stay fit and healthy to give my body energy. If I didn't eat healthy food then my brain might not help me to learn as well. If I didn't clean my teeth they might fall out.</p> <p>Eating healthy food makes me feel happy because I know I have made a good choice for my body.</p>



Year 2

Healthy Me Puzzle Map - Ages 6-7



Puzzle Outcome

Help me fit together the six pieces of learning about Healthy Me to create 'The Happy, Healthy Me Recipe Book' (Piece 6: Healthy Recipes)

Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention	Resources
Have made a healthy choice	1. Being Healthy	I know what I need to keep my body healthy	I am motivated to make healthy lifestyle choices	Jigsaw Chime, 'Calm Me' script, Jigsaw Song: 'Make a Good Decision', Help Jigsaw Jo sheet, Jigsaw Jo, Music, Jigsaw Journals, My Jigsaw Learning, Jigsaw Jerrie Cat.
Have eaten a healthy, balanced diet	2. Being Relaxed	I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed	I can tell you when a feeling is weak and when a feeling is strong	Jigsaw Chime, 'Calm Me' script, PowerPoint slides, PowerPoint slides - printed copies, Jigsaw Journals, My Jigsaw Learning, Jigsaw Jerrie Cat.
Have been physically active	3. Medicine Safety	I understand how medicines work in my body and how important it is to use them safely	I feel positive about caring for my body and keeping it healthy	Jigsaw Chime, 'Calm Me' script, Bag of empty medicine packets/bottles, Jigsaw Journals, My Jigsaw Learning, Jigsaw Jerrie Cat.
Have tried to keep themselves and others safe	4. Healthy Eating	I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy	I have a healthy relationship with food and know which foods I enjoy the most	Jigsaw Chime, 'Calm Me' script, Eat Well Plate - complete, Eat Well Plate - blank, Food cards, Pictures of composite foods, Jigsaw Journals, My Jigsaw Learning, Jigsaw Jerrie Cat.
Know how to be a good friend and enjoy healthy friendships	5. Healthy Eating	I can make some healthy snacks and explain why they are good for my body	I can express how it feels to share healthy food with my friends	Jigsaw Chime, 'Calm Me' script, Jigsaw Jo, A range of healthy food choices/ snack ingredients, Basic cookery equipment, Recipe cards, Jigsaw Journals, My Jigsaw Learning, Jigsaw Jerrie Cat.
Know how to keep calm and deal with difficult situations	6. Happy, Healthy Me! Puzzle outcome: Healthy recipes Assessment Opportunity ★	I can decide which foods to eat to give my body energy	I have a healthy relationship with food and I know which foods are most nutritious for my body	Jigsaw Chime, 'Calm Me' script, Happy Healthy Me Recipe templates, Optional: large pieces of paper for life-size child body outlines, Jigsaw Journals, My Jigsaw Learning, Certificates, Jigsaw Jerrie Cat.

Exemplification for Ages 6-7 Healthy Me Puzzle

These are examples of the style of answers that children may write/and say within their Jigsaw Journals and in response to Piece 6 in particular. The content could be different.

WORKING TOWARDS
I need healthy food to make my body work. Medicines can make me feel better when I am ill.. I feel happy because I am healthy.

Ages 5-6 expectation	WORKING AT
Healthy food gives my body energy. Some foods like sweets are unhealthy because they have too much sugar. I feel happy when I make healthy choices. If I made unhealthy choices I might feel scared because I would be frightened that I have hurt my body..	

WORKING BEYOND
Bread and cereals are a healthier choice of carbohydrate. Foods high in sugar are bad for us because the energy gets used too quickly. If we eat too much sugar it turns to fat which is unhealthy.. Always making healthy choices is difficult because adverts on TV want you choose unhealthy things to eat. If we ate treats all the time this might make us unhappy because our bodies would be unhealthy, and we might get bored with food and have nothing to look forward to.



Year 3

Healthy Me 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	Pieces	PSHE learning intention	Social and emotional development learning intention	Resources
Have made a healthy choice	1. Being Fit and Healthy	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	Jigsaw Chime, 'Calm Me' script, PowerPoint slide 'My body in balance', PowerPoint 'Children need to be active for at least one hour a day', Fitness Challenge Template, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.
Have eaten a healthy, balanced diet	2. Being Fit and Healthy	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	Jigsaw Chime< 'Calm Me' script, Jigsaw Song: 'Make A Good Decision', Range of food/drink (some with food labelling that show the amount of energy, fats and sugar). Try to include some healthy and less healthy choices depending on the amount of sugar and fat), 'How much sugar?' game, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.
Have been physically active	3. What Do I Know About Drugs?	I can tell you my knowledge and attitude towards drugs	I can identify how I feel towards drugs	Jigsaw Chime, 'Calm Me' script, A4 white paper and pen for each child, Draw and Write instruction sheet, Feelings word template, Jigsaw Journal, My Jigsaw Journey, Jigsaw Jerrie Cat.
Have tried to keep themselves and others safe	4. Being Safe Puzzle outcome: Keeping safe	I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help	I can express how being anxious or scared feels	Jigsaw Chime, 'Calm Me' script, A piece of foreboding music e.g. Theme from Jaws, My Jigsaw Journey, Jigsaw Journal, Jigsaw Jerrie Cat.
Know how to be a good friend and enjoy healthy friendships	5. Safe or Unsafe	I can identify when something feels safe or unsafe	I can take responsibility for keeping myself and others safe	Jigsaw Chime, 'Calm Me' script, PowerPoint of scared child, Short story templates, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.
Know how to keep calm and deal with difficult situations	6. My Amazing Body 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	Jigsaw Chime, 'Calm Me' script, PowerPoint slide: My amazing body, PowerPoint slides: Example infographic, Other infographic examples (teacher to source online), Paper/pens, (Optional: computers/tablets for children to design infographic), Jigsaw Journal, My Jigsaw Journey, Certificates, Jigsaw Jerrie Cat.

Exemplification for Ages 7-8 Healthy Me Puzzle

These are examples of the style of answers that children may write/and say within their Jigsaw Journals and in response to Piece 6 in particular. The content could be different.

WORKING TOWARDS
I need to eat healthy food to keep my body well. I need to make sure I exercise. I need to keep myself safe online. I would tell my Mum if I was unwell or scared. If I feel unwell, I would tell my Mum feel ill.

Ages 7-8 expectation	WORKING AT
I need to keep myself safe when playing computer games if they allow messaging. If someone messages me that I don't know, I wouldn't enter into a private chat with them. If they kept on pestering me to, I would tell my Dad. When I get scared my body tells me because it has feelings that I recognise, like a dry mouth and an upset tummy. I know I am unwell when my body feels differently like when I have a headache or feel sick.	

WORKING BEYOND
It might be safe to get a lift home with someone who you know very well and you have asked your Mum before going with them. It would be riskier if you didn't know the person very well, or not at all. If I asked to phone my Mum before getting the lift and the person didn't want me to, that would be a very risky situation, and I would run and tell a nearby adult that I needed help. I know when I am doing something risky because I feel anxious and my body has signs like jelly-legs. Sometimes this is OK if it is a risk like performing in a school play, and I would try to calm down before going on to the stage. In a dangerous situation my body is warning me, so I should listen to it and not take the risk.



Year 4

Healthy Me

Puzzle Map - Ages 8-9



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 Friendships)

Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention	Resources
Have made a healthy choice	1. My Friends and Me	I recognise how different friendship groups are formed, how I fit into them and the friends I value the most	I can identify the feelings I have about my friends and my different friendship groups	Jigsaw Chime, 'Calm Me' script, Jigsaw Jaz, Concentric circles template (Friendship chart), Jigsaw Journals, Teacher prepared 'Friendship chart' example, My Jigsaw Journey, Jigsaw Jerrie Cat.
Have eaten a healthy, balanced diet	2. Group Dynamics	I understand there are people who take on the roles of leaders or followers in a group, and I know the role I take on in different situations	I am aware of how different people and groups impact on me and can recognise the people I most want to be friends with	Jigsaw Chime, 'Calm Me' script, Scenario PowerPoint slide, Different roles: Scenario cards, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.
Have been physically active	3. Smoking	I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke	I can 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	Jigsaw Chime, 'Calm Me' script, Jigsaw Jaz, Smoking Facts Picture Puzzle, Scenario cards: What happens next?, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.
Have tried to keep themselves and others safe	4. Alcohol	I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol	I can 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	Jigsaw Chime, 'Calm Me' script, Jigsaw song: Make a good decision, True/False quiz, PowerPoint slide: liver and liver facts, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.
Know how to be a good friend and enjoy healthy friendships	5. Healthy Friendships Puzzle Outcome: Healthy Friendships	I can recognise when people are putting me under pressure and can explain ways to resist this when I want	I can identify feelings of anxiety and fear associated with peer pressure	Jigsaw Chime, 'Calm Me' script, Jigsaw song: 'Make a good decision', Aiden's story, Flip chart and chunky pens, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.
Know how to keep calm and deal with difficult situations	6. Celebrating My Inner Strength and Assertiveness Assessment Opportunity ★	I know myself well enough to have a clear picture of what I believe is right and wrong	I can tap into my inner strength and know how to be assertive	Jigsaw Chime, 'Calm Me' script, Remote control PowerPoint slide, Scenario PowerPoint slide, Jigsaw Journals, My Jigsaw Journey, Certificates, Jigsaw Jerrie Cat.

Exemplification for Ages 8-9 Healthy Me Puzzle

These are examples of the style of answers that children may write/and say within their Jigsaw Journals and in response to Piece 6 in particular. The content could be different.

WORKING TOWARDS
Ella-May should text her friends to say she wasn't going to post anything online about Maxine. Ella-May's friends are putting her under pressure to be unkind. Ella-May might be feeling worried.

WORKING AT
Ages 8-9 expectation Ella-May is getting peer-pressure from her friends to be unkind to Maxine. Ella-May should be assertive. She can thank her friends for being worried about her but also say that she is going to talk to Maxine about the problem face-to-face. The peer-pressure might be making Ella-May feel even more anxious about the argument than she already is. She is frightened of losing all her friends. They are making her feel she has to be unkind to Maxine to stay friends with them.

WORKING BEYOND
Ella-May should talk to somebody else about the situation. Jackson knows what has happened and he might be able to help Ella-May do the right thing and be more assertive. I think that Ella-May should stop and think before posting online. She should arrange to talk to Maxine where they can both put their points of view about the argument. She can also ask Maxine to delete all the unkind posts. This would be easier to do if Ella-May hasn't trolled Maxine. Ella-May is feeling angry with Maxine and this might make her post things back without thinking of the consequences. Ella-May needs to calm down to think straight. She could switch off her mobile for a day so she can calm down about the argument first. She should also try not worry about losing her friends. They are not involved and just using the situation to be unkind to Maxine. If they are her friends they will understand.