

Puzzle - Healthy me (Spring 2)

Healthy Me covers two main areas of health: Emotional health (relaxation, being safe, friendships, mental health skills, body image, relationships with food, managing stress) and Physical health (eating a balanced diet, physical activity, rest and relaxation, keeping clean, drugs and alcohol, being safe, first aid) in order for children to learn that health is a very broad topic.

Year group	Piece 1	Piece 2	Piece 3	Piece 4	Piece 5	Piece 6
Nursery	<p>1. Everybody's Body I know the names for some parts of my body and am starting to understand that I need to be active to be healthy</p>	<p>2. We like to move it, move it! I can tell you some of the things I need to do to be healthy</p>	<p>3. Food Glorious Food I know what the word 'healthy' means and that some foods are healthier than others</p>	<p>4. Sweet Dreams I know how to help myself go to sleep and that sleep is good for me</p>	<p>5. Keeping Clean I can wash my hands and know it is important to do this before I eat and after I go to the toilet</p>	<p>6. Stranger Danger I know what to do if I get lost and how to say NO to strangers</p>
Reception	<p>1. Everybody's Body I understand that I need to exercise to keep my body healthy</p>	<p>2. We like to move it, move it! I understand how moving and resting are good for my body</p>	<p>3. Food Glorious Food I know which foods are healthy and not so healthy and can make healthy eating choices</p>	<p>4. Sweet Dreams I know how to help myself go to sleep and understand why sleep is good for me</p>	<p>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</p>	<p>6. Stranger Danger I know what a stranger is and how to stay safe if a stranger approaches me</p>
Year 1	<p>1. Being Healthy I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy</p> <p><i>I feel good about myself when I make healthy choices</i></p>	<p>2. Healthy Choices I know how to make healthy lifestyle choices</p> <p><i>I feel good about myself when I make healthy choices</i></p>	<p>3. Clean and Healthy I know how to keep myself clean and healthy, and understand how germs cause disease / illness</p> <p>I know that all household products including medicines can be harmful if not used properly <i>I am special so I keep myself safe</i></p>	<p>4. Medicine Safety I understand that medicines can help me if I feel poorly and I know how to use them safely</p> <p><i>I know some ways to help myself when I feel poorly</i></p>	<p>5. Road Safety I know how to keep safe when crossing the road, and about people who can help me to stay safe.</p> <p><i>I can recognise when I feel frightened and know who to ask for help</i></p>	<p>6. Happy, Healthy Me I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy</p> <p><i>I can recognise how being healthy helps me to feel happy</i></p>
Year 2	<p>1. Being Healthy</p> <p>I know what I need to keep my body healthy</p> <p><i>I am motivated to make healthy lifestyle choices</i></p>	<p>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</p>	<p>3. Medicine Safety I understand how medicines work in my body and how important it is to use them safely</p> <p><i>I feel positive about caring for my body and keeping it healthy</i></p>	<p>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</p> <p><i>I have a healthy relationship with food and know which foods I enjoy the most</i></p>	<p>5. Healthy Eating I can make some healthy snacks and explain why they are good for my body</p> <p><i>I can express how it feels to share healthy food with my friends</i></p>	<p>6. Happy, Healthy Me! I can decide which foods to eat to give my body energy</p> <p><i>I have a healthy relationship with food and I know which foods are most nutritious for my body</i></p>

<p>Year 3</p>	<p>1. Being Fit and Healthy</p> <p>I understand how exercise affects my body and know why my heart and lungs are such important organs</p> <p><i>I can set myself a fitness challenge</i></p>	<p>2. Being Fit and Healthy</p> <p>I know that the amount of calories, fat and sugar I put into my body will affect my health</p> <p><i>I know what it feels like to make a healthy choice</i></p>	<p>3. What Do I Know About Drugs?</p> <p>I can tell you my knowledge and attitude towards drugs</p> <p><i>I can identify how I feel towards drugs</i></p>	<p>4. Being Safe</p> <p>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</p> <p><i>I can express how being anxious or scared feels</i></p>	<p>5. Safe or Unsafe</p> <p>I can identify when something feels safe or unsafe</p> <p><i>I can take responsibility for keeping myself and others safe</i></p>	<p>6. My Amazing Body</p> <p>I understand how complex my body is and how important it is to take care of it</p> <p><i>I respect my body and appreciate what it does for me</i></p>
<p>Year 4</p>	<p>1. My Friends and Me</p> <p>I recognise how different friendship groups are formed, how I fit into them and the friends I value the most</p> <p><i>I can identify the feelings I have about my friends and my different friendship groups</i></p>	<p>2. Group Dynamics</p> <p>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</p> <p><i>I am aware of how different people and groups impact on me and can recognise the people I most want to be friends with</i></p>	<p>3. Smoking</p> <p>I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke</p> <p><i>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</i></p>	<p>4. Alcohol</p> <p>I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol</p> <p><i>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</i></p>	<p>5. Healthy Friendships</p> <p>I can recognise when people are putting me under pressure and can explain ways to resist this when I want</p> <p><i>I can identify feelings of anxiety and fear associated with peer pressure</i></p>	<p>6. Celebrating My Inner Strength and Assertiveness</p> <p>I know myself well enough to have a clear picture of what I believe is right and wrong</p> <p><i>I can tap into my inner strength and know how to be assertive</i></p>

<p>Year 5</p>	<p>1. Smoking</p> <p>I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart</p> <p><i>I can make an informed decision about whether or not I choose to smoke and know how to resist pressure</i></p>	<p>2. Alcohol</p> <p>I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart</p> <p><i>I can make an informed decision about whether or not I choose to drink alcohol and know how to resist pressure</i></p>	<p>3. Emergency Aid</p> <p>I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations</p> <p><i>I know how to keep myself calm in emergencies</i></p>	<p>4. Body Image</p> <p>I understand how the media, social media and celebrity culture promotes certain body types</p> <p><i>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</i></p>	<p>5. My Relationship with Food</p> <p>I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures</p> <p><i>I respect and value my body</i></p>	<p>6. Healthy Me</p> <p>I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy</p> <p><i>I am motivated to keep myself healthy and happy</i></p>
<p>Year 6</p>	<p>1. Taking responsibility for my health and well-being</p> <p>I can take responsibility for my health and make choices that benefit my health and well-being</p> <p><i>I am motivated to care for my physical and emotional health</i></p>	<p>2. Drugs</p> <p>I know about different types of drugs and their uses and their effects on the body particularly the liver and heart (medicine, prescribed, over counter, legal, illegal)</p> <p><i>I am motivated to find ways to be happy and cope with life's situations without using drugs</i></p>	<p>3. Exploitation</p> <p>I understand that some people can be exploited and made to do things that are against the law</p> <p><i>I can suggest ways that someone who is being exploited can help themselves</i></p>	<p>4. Gangs</p> <p>I know why some people join gangs and the risks this involves</p> <p><i>I can suggest strategies someone could use to avoid being pressurised</i></p>	<p>5. Emotional and Mental Health</p> <p>I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness</p> <p><i>I know how to help myself feel emotionally healthy and can recognise when I need help with this</i></p>	<p>6. Managing Stress and Pressure</p> <p>I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse.</p> <p><i>I can use different strategies to manage stress and pressure</i></p>