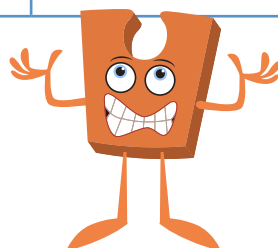




Healthy Me Puzzle Map - Ages 5-6

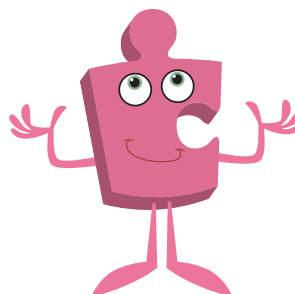
Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
1. Being Healthy	H1, H2, H5, H6, H18, H19, H28	I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy	I feel good about myself when I make healthy choices
2. Healthy Choices	H1, H3, H5, H6, H18, H19, H22, H23, H28	I know how to make healthy lifestyle choices	I feel good about myself when I make healthy choices
3. Clean and Healthy	H6, H18, H30	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
4. Medicine Safety	H6, H18	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
5. Road Safety	H6, H18, H21	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
6. Happy, Healthy Me Assessment Opportunity Puzzle outcome: Keeping clean and healthy	R15, H5, H6, H18, H24, H30	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





Healthy Me Puzzle Map - Ages 6-7

Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
1. Being Healthy	H5, H6, H18, H19, H20	I know what I need to keep my body healthy	I am motivated to make healthy lifestyle choices
2. Being Relaxed	H1, H2, H3, H6, H12, H18, H19, H28	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
3. Medicine Safety	H6, H18, H21, H25	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
4. Healthy Eating	H5, H6, H22, H23, H24	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
5. Healthy Eating	H5, H6, H18, H22, H23, H24	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
6. Happy, Healthy Me! Puzzle outcome: Healthy recipes Assessment Opportunit	H5, H6, H18, H20	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





Healthy Me Puzzle Map - Ages 7-8

Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
1. Being Fit and Healthy	H5, H6, H18, H19, H20, H22, H23, H24	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
2. Being Fit and Healthy	H5, H6, H18, H19, H20, H22, H23, H24, H28	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
3. What Do I Know About Drugs?	H17, H21, H25	I can tell you my knowledge and attitude towards drugs	I can identify how I feel towards drugs
4. Being Safe Puzzle outcome: Keeping safe	R22, R23, R24, R25, R26, R28, R29, R30, R31, R32, H2, H3, H9, H11, H17, H21	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
5. Safe or Unsafe	R20, R21, R22, R23, R24, R25, R26, R28, R29, R30, R31, R32, H9, H11, H21	I can identify when something feels safe or unsafe	I can take responsibility for keeping myself and others safe
6. My Amazing Body Assessment Opportunity	R15, H1, H6, H18, H19, H21	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





Healthy Me Puzzle Map - Ages 8-9

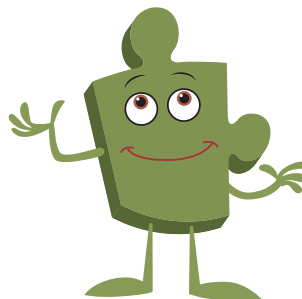
Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
1.My Friends and Me	R7, R8, R11, R13, H2, H3	I recognise how different friendship groups are formed, how I fit into them and the friends I value the most	I can identify the feelings I have about my friends and my different friendship groups
2.Group Dynamics	R8, R10, R11, R13, R19, R20, R21, R22, R25	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
3.Smoking	R30, R31, R32, H21, H25, H26	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
4.Alcohol	R30, R31, R32, H21, H24, H25, H26	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
5.Healthy Friendships Puzzle Outcome: Healthy Friendships	R8, R9, R10, R11, R12, R13, R16, R20, R25, R29, R32, H1, H4	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
6.Celebrating My Inner Strength and Assertiveness Assessment Opportunity	R11, R12, R14, R15, R16, R19, R22, R25	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





Healthy Me Puzzle Map - Ages 9-10

Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
1.Smoking	H21, H24, H25	I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.	I can make an informed decision about whether or not I choose to smoke and know how to resist pressure
2.Alcohol	H21, H24, H25	I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart	I can make an informed decision about whether or not I choose to drink alcohol and know how to resist pressure
3.Emergency Aid	R31, R31, R32, H9, H21, H32, H33	I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations	I know how to keep myself calm in emergencies
4.Body Image	R12, R15, R16, R18, R25, R27, H10, H21	I understand how the media, social media and celebrity culture promotes certain body types	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
5.My Relationship with Food Puzzle Outcome : Healthy Body Image	R15, H4, H10, H21	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	I respect and value my body
6.Healthy Me Assessment Opportunity	H1, H2, H3, H4, H5, H6, H10, H18, H19, H20, H21	I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy	I am motivated to keep myself healthy and happy





Healthy Me Puzzle Map - Ages 10-11

Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
1.Taking responsibility for my health and well-being	R15, R27, R31, R32, H1, H5, H6, H7, H9, H10, H17, H18, H19, H21, H24, H31	I can take responsibility for my health and make choices that benefit my health and well-being	I am motivated to care for my physical and emotional health
2.Drugs	R31, R32, H2, H3, H8, H9, H10, H17, H21, H24, H25	I know about different types of drugs and their uses and their effects on the body particularly the liver and heart	I am motivated to find ways to be happy and cope with life's situations without using drugs
3.Exploitation	R7, R11, R25, R31, R32, H8, H9, H10, H17, H21	I understand that some people can be exploited and made to do things that are against the law	I can suggest ways that someone who is being exploited can help themselves
4.Gangs	R7, R11, R25, R31, R32, H8, H9, H10, H17, H21	I know why some people join gangs and the risks this involves	I can suggest strategies someone could use to avoid being pressurised
5.Emotional and Mental Health	R30, R31, R32, H1, H4, H5, H6, H7, H9, H10, H12, H17, H18, H19, H21, H28	I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness	I know how to help myself feel emotionally healthy and can recognise when I need help with this
6.Managing Stress and Pressure Puzzle Outcome: Healthy Body, Healthy Mind Assessment Opportunity	R15, R19, R27, R30, R31, R32, H1, H4, H5, H6, H7, H9, H10, H12, H17, H18, H19, H20, H21, H28	I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse.	I can use different strategies to manage stress and pressure

