

Puzzle Piece	Weekly Celebration	British Values Links	RSE Links	PSHE Learning Intention/Objective	Social and Emotional Development Learning Intention/Objection	Lesson vocabulary
1. My Friends and Me	Have made a healthy choice	Individual Liberty Mutual Respect Tolerance	Caring Friendship Respectful Relationships Mental Wellbeing	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.	Friendships Emotions Healthy Relationships Friendship groups Value
2. Group Dynamics	Have eaten a healthy, balanced diet	Democracy Individual Liberty Mutual Respect Tolerance	Caring Friendship Respectful Relationships Online Relationships Being Safe	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.	Friendship groups Roles Leader Follower Assertive Agree/disagree
3. Smoking	Have been physically active	Democracy Individual Liberty Tolerance	Being Safe Physical Health and Fitness Drugs, Alcohol and Tobacco	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.	Smoking Vaping Pressure Peers Guilt Advice
4. Alcohol	Have tried to keep themselves and others safe	Democracy Individual Liberty Tolerance	Being Safe Physical Health and Fitness Healthy Eating Drugs, Alcohol and Tobacco	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.	Alcohol Liver Disease
5. Healthy Friendships	Know how to be a good friend and enjoy healthy friendships	Individual Liberty Mutual Respect Tolerance	Caring Friendship Respectful Relationships	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.	Pressure Peers Anxiety Fear

Year B

LKS2

Puzzle: Healthy Me

Spring 2

			Online Relationships Being Safe Mental Wellbeing			
6. Celebrating My Inner Strength and Assertiveness	Know how to keep calm and deal with difficult situations	Democracy Rule of Law Individual Liberty	Caring Friendship Respectful Relationships Online Relationships Being Safe Mental Wellbeing	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.	Believe Assertive Opinion Right Wrong