

Puzzle Piece	Weekly Celebration	British Values Links	RSE Links	PSHE Learning Intention/Objective	Social and Emotional Development Learning Intention/Objection
1. Taking responsibility for my health and well-being	Have made a healthy choice	Individual Liberty	Respectful Relationships Mental Wellbeing Physical Health and Fitness Healthy Eating Health and Prevention	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	Have eaten a healthy, balanced diet	Rule of Law Individual Liberty	Being Safe Mental Wellbeing Internet Safety and Harm Healthy Eating Drugs, alcohol and tobacco	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	Have been physically active	Rule of Law Individual Liberty Mutual Respect	Families and people who care about us Caring Friendships Being Safe Mental Wellbeing Internet Safety and Harm	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.

Year B

UKS2

Puzzle: Healthy Me

Spring 2

<p>4. Gangs</p>	<p>Have tried to keep themselves and others safe</p>	<p>Individual Liberty Mutual Respect Tolerance</p>	<p>Families and people who care about us Caring Friendships Being Safe Mental Wellbeing Internet Safety and Harm</p>	<p>I know why some people join gangs and the risks this involves.</p>	<p>I can suggest strategies someone could use to avoid being pressurised.</p>
<p>5. Emotional and Mental Health</p>	<p>Know how to be a good friend and enjoy healthy friendships</p>	<p>Individual Liberty</p>	<p>Respectful Relationships Being Safe Mental Wellbeing Internet Safety and Harm Health and Prevention</p>	<p>I understand what it means to be emotionally well and can explore people’s attitudes towards mental health/illness.</p>	<p>I know how to help myself feel emotionally healthy and can recognise when I need help with this.</p>
<p>6. Managing Stress and Pressure</p>	<p>Know how to keep calm and deal with difficult situations</p>	<p>Tolerance</p>	<p>Respectful Relationships Being Safe Mental Wellbeing Internet Safety and Harm Physical Health and Fitness Health and Prevention</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 can use different strategies to manage stress and pressure.</p>