

Puzzle Piece	Weekly Celebration	British Values Links	RSE Links	PSHE Learning Intention/Objective	Social and Emotional Development Learning Intention/Objection	Lesson Vocabulary
1. Smoking	Have made a healthy choice.	Individual Liberty Mutual Respect Tolerance	Being Safe Physical Health & Fitness Health and Prevention Drugs, Alcohol and Tobacco	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.	Choices Healthier behaviour Less healthy behaviour Informed decision Pressure Media Influence Vaping
2. Alcohol	Have eaten a healthy, balanced diet.	Rule of Law Individual Liberty Mutual Respect Tolerance	Being Safe Physical Health & Fitness Health and Prevention Drugs, Alcohol and Tobacco	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.	Choices Healthy behaviour Unhealthy behaviour Informed decision Pressure Media Influence
3. Emergency Aid	Have been physically active.	Mutual Respect Tolerance	Health and Prevention Being Safe	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.	Emergency Procedure Recovery position Calm Level-headed
4. Body Image	Have tried to keep themselves and others safe.	Democracy Individual Liberty Mutual Respect Tolerance	Mental Wellbeing Internet Safety and Harm Healthy Eating	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.	Body image Media Social media Celebrity Altered Self-respect Comparison
5. My Relationship with Food	Know how to be a good friend and	Individual Liberty Tolerance	Healthy Eating Mental Wellbeing	I can describe the different roles food can play in people's lives	I respect and value my body.	Body image Eating problem Eating disorder

Year A

UKS2

Puzzle: Healthy Me

Spring 2

	enjoy healthy friendships		Being Safe Physical Health & Fitness Health and Prevention	and can explain how people can develop eating problems (disorders) relating to body image pressures.		<i>Respect Pressure</i>
6. Healthy Me	Know how to keep calm and deal with difficult situations.	Individual Liberty Tolerance	Healthy Eating Mental Wellbeing Physical Health & Fitness Health and Prevention	I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy.	<i>I am motivated to keep myself healthy and happy.</i>	<i>Debate Opinion Fact Choices Healthy lifestyle Motivation</i>