

Puzzle Piece	Weekly Celebration	British Values Links	RSE Links	PSHE Learning Intention/Objective	Social and Emotional Development Learning Intention/Objection	Lesson Vocabulary
1. Being Healthy	Have made a healthy choice.	Individual Liberty Mutual Respect	Mental Wellbeing Physical Health and Fitness Health and Prevention	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.	Healthy Unhealthy Balanced Exercise Sleep
2. Healthy Choices	Have eaten a healthy, balanced diet.	Individual Liberty	Mental Wellbeing Physical Health and Fitness Healthy Eating Health and Prevention	I know how to make healthy lifestyle choices.	I feel good about myself when I make healthy choices.	Healthy Unhealthy Balanced Exercise Sleep Choices
3. Clean and Healthy	Have been physically active.	Individual Liberty	Mental Wellbeing Physical Health and Fitness Health and Prevention	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.	Healthy Clean Body parts Toiletry items, e.g. toothbrush, shampoo, soap Hygienic Safe
4. Medicine Safety	Have tried to keep themselves and others safe.	Rule of Law	Mental Wellbeing Physical Health and Fitness Drugs, Alcohol and Tabaco	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.	Medicines Healthy Unhealthy Trust Safe
5. Road Safety	Know how to be a good friend and	Rule of Law	Mental Wellbeing	I know how to keep safe when crossing the road, and about	I can recognise when I feel frightened and know who to ask for help.	Safe Safety Green Cross Code

Year A

KS1

Puzzle: Healthy Me

Spring 2

	enjoy healthy friendships		Physical Health and Fitness	people who can help me to stay safe.		Eyes Ears Look Listen Wait
6. Happy, Healthy Me	Know how to keep calm and deal with difficult situations.	Individual Liberty Mutual Respect	Respectful Relationships Mental Wellbeing Physical Health and Fitness Healthy Eating Health and Prevention	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.	Keeping clean Healthy