

Jigsaw PSHE ensures that learning from previous years is revisited and extended, adding new concepts, knowledge and skills, year on year as appropriate. The table below draws out the spiral knowledge and skills progression within the Healthy Me Puzzle (unit of work) including the key vocabulary used in each year group and suggestions for Family Learning.

## Knowledge



- Know the names for some parts of their body.
- Know what the word 'healthy' means.
- Know somethings that they need to do to keep healthy.
- Know that they need to exercise to keep healthy.
- Know how to help themselves go to sleep and that sleep is good for them.
- Know when and how to wash their hands properly.
- Know what to do if they get lost.
- Know how to say 'No' to strangers.

## Social and Emotional Skills



- Recognise how exercise makes them feel.
- Recognise how different foods can make them feel.
- Can explain what they need to do to stay healthy.
- Can give examples of healthy food.
- Can explain how they might feel if they don't get enough sleep.
- Can explain what to do if a stranger approaches them.

## Questions for Family Learning



- What do we need to do to be healthy?
- Can you tell me which parts of the body you know the names for?
- What food do we eat that is healthy?
- What can you do to help yourself get to sleep?
- What would you do if a stranger approached you? (discuss a few different locations, park, shop etc)
- How does Jigsaw Jenie help you at school?
- Shall we share a Calm Me time?

In this Puzzle children learn about their bodies; the names of some key parts as well as how to stay healthy. They talk about food and that some foods are healthier than others. They discuss the importance of sleep and what they can do to help themselves get to sleep. They talk about hand washing and why it is important. The class also discuss stranger danger and what they should do if approached by someone they don't know.

## Key Vocabulary

Healthy, Exercise, Head, Shoulders, Knees, Toes, Sleep, Wash, Clean, Stranger, Scared, Trust.