

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 what their body needs to stay healthy.
- Know what relaxed means.
- Know what makes them feel relaxed/stressed.
- Know how medicines work in their bodies.
- Know that it is important to use medicines safely.
- Know how to make some healthy snacks.
- Know why healthy snacks are good for their bodies.
- Know which foods give their bodies energy.

### Social and Emotional Skills



- Desire to make healthy lifestyle choices.
- Identify when a feeling is weak and when a feeling is strong.
- Feel positive about caring for their bodies and keeping it healthy
- Have a healthy relationship with food.
- Express how it feels to share healthy food with their friends.

### Key Vocabulary

Healthy choices, Lifestyle, Motivation, Relax, Relaxation, Tense, Calm, Healthy, Unhealthy, Dangerous, Medicines, Safe, Body, Balanced diet, Portion, Proportion, Energy, Fuel, Nutritious.

### Questions for Family Learning



- What does your body need to stay healthy?
- What does relaxed mean?
- What makes you feel relaxed/stressed?
- What types of medicine have I given you? What are they for?
- What healthy snack shall we make and eat together?
- What snacks could you eat before exercise?
- How can Calm Me time help you stay healthy?

In this Puzzle the class learn about healthy food; they talk about having a healthy relationship with food and making healthy choices. The children talk about things that make them feel relaxed and stressed. They talk about medicines, how they work and how to use them safely. The children have a go at making healthy snacks and also discuss why they are good for their bodies.