



PSHE – Healthy Me Year 6



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 how to take responsibility for their own health.
- Know how to make choices that benefit their own health and well-being
- Know about different types of drugs and their uses.
- Know how these different types of drugs can affect people's bodies, especially their liver and heart.
- Know that some people can be exploited and made to do things that are against the law.
- Know why some people join gangs and the risk that this can involve.
- Know what it means to be emotionally well.
- Know that stress can be triggered by a range of things.
- Know that being stressed can cause drug and alcohol misuse.

Social and Emotional Skills



- Are motivated to care for their own physical and emotional health
- Are motivated to find ways to be happy and cope with life's situations without using drugs
- Identify ways that someone who is being exploited could help themselves.
- Suggest strategies someone could use to avoid being pressured
- Recognise that people have different attitudes towards mental health/illness
- Can use different strategies to manage stress and pressure.

Key Vocabulary

Responsibility, Choice, Immunisation, Prevention, Drugs, Effects, Motivation, Prescribed, Unrestricted, Over-the-counter, Restricted, Illegal, Volatile substances, 'Legal highs', Exploited, Vulnerable, Criminal, Gangs, Pressure, Strategies, Reputation, Anti-social behaviour, Crime, Mental health, Emotional health, Mental illness, Symptoms, Stress, Triggers, Strategies, Managing stress, Pressure.

Questions for Family Learning



- What can you do to keep yourself physically/mentally well?
- What types of drugs do you know about?
- What makes you feel stressed?
- What helps you when you feel stressed?
- Can we share a Calm me time together?
- Does Calm Me time help you stay calm and manage stress?
- Can you recognise when anyone in our family is stressed?
- What can you do if someone is putting pressure on you?
- Does Jigsaw Jerrie Cat factor in your lessons?

In this Puzzle the children discuss taking responsibility for their own physical and emotional health and the choices linked to this. They talk about different types of drugs and the effects these can have on people's bodies. The class discuss exploitation as well as gang culture and the associated risks. They also talk about mental health / illness and that people have different attitudes towards this. They learn to recognise the triggers for and feelings of being stressed and that there are strategies they can use when they are feeling stressed.