

Healthy Me

Puzzle Map - Ages 7-8



Puzzle Outcome

Help me fit together the six pieces of learning about Healthy Me to create 'The Happy, Healthy Me Recipe Book'
(Piece 4: Keeping safe)

Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention	Resources
Have made a healthy choice	1. Being Fit and Healthy	I understand how exercise affects my body and know why my heart and lungs are such important organs	I can set myself a fitness challenge	Jigsaw Chime, 'Calm Me' script, PowerPoint slide 'My body in balance', PowerPoint 'Children need to be active for at least one hour a day', Fitness Challenge Template, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.
Have eaten a healthy, balanced diet	2. Being Fit and Healthy	I know that the amount of calories, fat and sugar I put into my body will affect my health	I know what it feels like to make a healthy choice	Jigsaw Chime- 'Calm Me' script, Jigsaw Song: 'Make A Good Decision', Range of food/drink (some with food labelling that show the amount of energy, fats and sugar). Try to include some healthy and less healthy choices depending on the amount of sugar and fat), 'How much sugar?' game, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.
Have been physically active	3. What Do I Know About Drugs?	I can tell you my knowledge and attitude towards drugs	I can identify how I feel towards drugs	Jigsaw Chime, 'Calm Me' script, A4 white paper and pen for each child, Draw and Write instruction sheet, Feelings word template, Jigsaw Journal, My Jigsaw Journey, Jigsaw Jerrie Cat.
Have tried to keep themselves and others safe	4. Being Safe Puzzle outcome: Keeping safe	Identify things, people and places that I need to keep safe from know some strategies for keeping myself safe, who to go to for help and how to call emergency services	I can express how being anxious or scared feels	Jigsaw Chime, 'Calm Me' script, A piece of foreboding music e.g. Theme from Jaws, My Jigsaw Journey, Jigsaw Journal, Jigsaw Jerrie Cat.
Know how to be a good friend and enjoy healthy friendships	5. Safe or Unsafe	I can identify when something feels safe or unsafe	I can take responsibility for keeping myself and others safe	Jigsaw Chime, 'Calm Me' script, PowerPoint of scared child, Short story templates, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.
Know how to keep calm and deal with difficult situations	6. My Amazing Body Assessment Opportunity *	I understand how complex my body is and how important it is to take care of it	I respect my body and appreciate what it does for me	Jigsaw Chime, 'Calm Me' script, PowerPoint slide: My amazing body, PowerPoint slides: Example infographic, Other infographic examples (teacher to source online), Paper/pens, (Optional: computers/tablets for children to design infographic), Jigsaw Journal, My Jigsaw Journey, Certificates, Jigsaw Jerrie Cat.