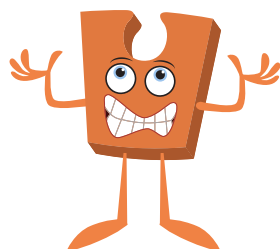




## Healthy Me Puzzle Map - Ages 5-6

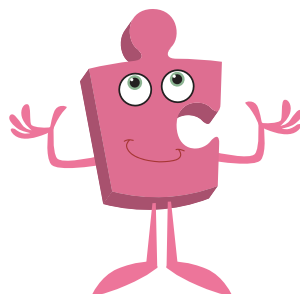
Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
<b>1. Being Healthy</b>	H1, H2, H5, H6, H18, H19, H24, H28, H29	I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy	I feel good about myself when I make healthy choices
<b>2. Healthy Choices</b>	H1, H3, H5, H6, H18, H19, H22, H23, H24, H28, H29	I know how to make healthy lifestyle choices	I feel good about myself when I make healthy choices
<b>3. Clean and Healthy</b>	H6, H18, H30	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
<b>4. Medicine Safety</b>	H6, H18	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
<b>5. Road Safety</b>	H6, H18, H21	I know how to keep safe when crossing the road, and about people who can help me to stay safe	I can recognise when I feel frightened and know who to ask for help
<b>6. Happy, Healthy Me</b> <b>Assessment Opportunity</b> <b>Puzzle outcome: Keeping clean and healthy</b>	R15, H5, H6, H18, H24, H30	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





## Healthy Me Puzzle Map - Ages 6-7

Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
<b>1. Being Healthy</b>	H5, H6, H18, H19, H20, H24, H29	I know what I need to keep my body healthy	I am motivated to make healthy lifestyle choices
<b>2. Being Relaxed</b>	H1, H2, H3, H6, H12, H18, H19, H28	I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed	I can tell you when a feeling is weak and when a feeling is strong
<b>3. Medicine Safety</b>	H6, H18, H21, H25	I understand how medicines work in my body and how important it is to use them safely	I feel positive about caring for my body and keeping it healthy
<b>4. Healthy Eating</b>	H5, H6, H22, H23, H24	I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy	I have a healthy relationship with food and know which foods I enjoy the most
<b>5. Healthy Eating</b>	H5, H6, H18, H22, H23, H24	I can make some healthy snacks and explain why they are good for my body	I can express how it feels to share healthy food with my friends
<b>6. Happy, Healthy Me!</b> <b>Puzzle outcome: Healthy recipes</b> <b>Assessment Opportunit</b>	H5, H6, H18, H20	I can decide which foods to eat to give my body energy	I have a healthy relationship with food and I know which foods are most nutritious for my body





## Healthy Me Puzzle Map - Ages 7-8

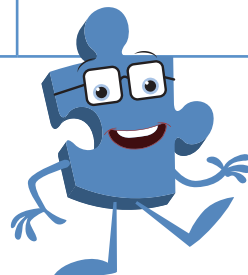
Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
<b>1. Being Fit and Healthy</b>	H5, H6, H18, H19, H20, H22, H23, H24	I understand how exercise affects my body and know why my heart and lungs are such important organs	I can set myself a fitness challenge
<b>2. Being Fit and Healthy</b>	H5, H6, H18, H19, H20, H22, H23, H24, H28	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
<b>3. What Do I Know About Drugs?</b>	H17, H21, H25	I can tell you my knowledge and attitude towards drugs	I can identify how I feel towards drugs
<b>4. Being Safe</b> <b>Puzzle outcome: Keeping safe</b>	R22, R23, R24, R25, R26, R28, R29, R30, R31, R32, H2, H3, H9, H11, H17, H21	I can identify things, people and places that I need to keep safe from I 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
<b>5. Safe or Unsafe</b>	R20, R21, R22, R23, R24, R25, R26, R28, R29, R30, R31, R32, H9, H11, H21	I can identify when something feels safe or unsafe	I can take responsibility for keeping myself and others safe
<b>6. My Amazing Body</b> <b>Assessment Opportunity</b>	R15, H1, H6, H18, H19, H21	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





## Healthy Me Puzzle Map - Ages 8-9

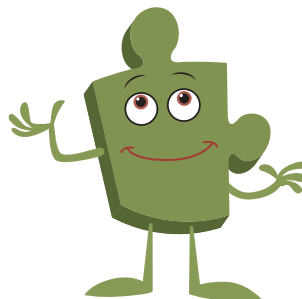
Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
<b>1.My Friends and Me</b>	R7, R8, R11, R13, H2, H3	I recognise how different friendship groups are formed, how I fit into them and the friends I value the most	I can identify the feelings I have about my friends and my different friendship groups
<b>2.Group Dynamics</b>	R8, R10, R11, R13, R19, R20, R21, R22, R25	I understand there are people who take on the roles of leaders or followers in a group, and I know the role I take on in different situations	I am aware of how different people and groups impact on me and can recognise the people I most want to be friends with
<b>3.Smoking</b>	R30, R31, R32, H21, H25, H26	I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke	I can recognise negative feelings in peer pressure situations (such as embarrassment, shame, inadequacy and guilt) and know how to act assertively to resist pressure from myself and others
<b>4.Alcohol</b>	R30, R31, R32, H21, H24, H25, H26	I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol	I can recognise negative feelings in peer pressure situations (such as embarrassment, shame, inadequacy and guilt) and know how to act assertively to resist pressure from myself and others
<b>5.Healthy Friendships</b> <b>Puzzle Outcome: Healthy Friendships</b>	R8, R9, R10, R11, R12, R13, R16, R20, R25, R29, R32, H1, H4	I can recognise when people are putting me under pressure and can explain ways to resist this when I want	I can identify feelings of anxiety and fear associated with peer pressure
<b>6.Celebrating My Inner Strength and Assertiveness</b> <b>Assessment Opportunity</b>	R11, R12, R14, R15, R16, R19, R22, R25	I know myself well enough to have a clear picture of what I believe is right and wrong	I can tap into my inner strength and know how to be assertive





## Healthy Me Puzzle Map - Ages 9-10

Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
<b>1.Smoking</b>	H21, H24, H25	I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.	I can make an informed decision about whether or not I choose to smoke and know how to resist pressure
<b>2.Alcohol</b>	H21, H24, H25	I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart	I can make an informed decision about whether or not I choose to drink alcohol and know how to resist pressure
<b>3.Emergency Aid</b>	R31, R31, R32, H9, H21, H32, H33	I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations	I know how to keep myself calm in emergencies
<b>4.Body Image</b>	R12, R15, R16, R18, R25, R27, H10, H21	I understand how the media, social media and celebrity culture promotes certain body types	I can reflect on my own body image and know how important it is that this is positive and I accept and respect myself for who I am
<b>5.My Relationship with Food</b> <b>Puzzle Outcome : Healthy Body Image</b>	R15, H4, H10, H21	I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures	I respect and value my body
<b>6.Healthy Me</b> <b>Assessment Opportunity</b>	H1, H2, H3, H4, H5, H6, H10, H18, H19, H20, H21	I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy	I am motivated to keep myself healthy and happy





## Healthy Me Puzzle Map - Ages 10-11

Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
<b>1. Taking responsibility for my health and well-being</b>	R15, R27, R31, R32, H1, H5, H6, H7, H9, H10, H17, H18, H19, H21, H24, H29, H31	I can take responsibility for my health and make choices that benefit my health and well-being	I am motivated to care for my physical and emotional health
<b>2. Drugs</b>	R31, R32, H2, H3, H8, H9, H10, H17, H21, H24, H25	I know about different types of drugs and their uses and their effects on the body particularly the liver and heart	I am motivated to find ways to be happy and cope with life's situations without using drugs
<b>3. Exploitation</b>	R7, R11, R25, R31, R32, H8, H9, H10, H17, H21	I understand that some people can be exploited and made to do things that are against the law	I can suggest ways that someone who is being exploited can help themselves
<b>4. Gangs</b>	R7, R11, R25, R31, R32, H8, H9, H10, H17, H21	I know why some people join gangs and the risks this involves	I can suggest strategies someone could use to avoid being pressurised
<b>5. Emotional and Mental Health</b>	R30, R31, R32, H1, H4, H5, H6, H7, H9, H10, H12, H17, H18, H19, H21, H28	I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness	I know how to help myself feel emotionally healthy and can recognise when I need help with this
<b>6. Managing Stress and Pressure</b> <b>Puzzle Outcome: Healthy Body, Healthy Mind</b> <b>Assessment Opportunity</b>	R15, R19, R27, R30, R31, R32, H1, H4, H5, H6, H7, H9, H10, H12, H17, H18, H19, H20, H21, H28	I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse.	I can use different strategies to manage stress and pressure

