

## Jigsaw Overview – Term 4 – Healthy Me

Healthy Me				
KS1 – Years 1 and 2				
Cycle A	Lesson Number	Lesson Topic	RSHE Guidance Reference	Key Vocabulary
Ages 5 - 6	1	Being healthy	H1, H2, H5, H6, H18, H19, H28.	<i>Healthy, unhealthy, balanced, exercise, sleep.</i>
Ages 5 - 6	2	Healthy choices	H1, H3, H5, H6, H18, H19, H22, H23, H28.	<i>Healthy, unhealthy, balanced, exercise, sleep, choices.</i>
Ages 5 - 6	3	Clean and healthy	H6, H18, H30.	<i>Healthy, clean, body parts, keeping clean, toiletry items e.g. toothbrush, shampoo, soap, hygienic, safe.</i>
Ages 6 - 7	4	Healthy eating	H5, H6, H22, H23, H24.	<i>Healthy, unhealthy, balanced diet, portion, proportion.</i>
Ages 6 - 7	5	Healthy eating	H5, H6, H18, H22, H23, H24.	<i>Healthy, unhealthy, balanced diet, energy, fuel, nutritious.</i>
Ages 6 - 7	6	Happy Healthy Me! (Food theme) (Assessment)	H5, H6, H18, H20.	<i>Healthy, unhealthy, balanced diet, nutritious, energy.</i>

## Healthy Me

### KS1 – Years 1 and 2

<b>Cycle B</b>	<b>Lesson Number</b>	<b>Lesson Topic</b>	<b>RSHE Guidance Reference</b>	<b>Key Vocabulary</b>
Ages 6 – 7	1	Being healthy	H5, H6, H18, H19, H20.	<i>Healthy choices, lifestyle, motivation.</i>
Ages 6 - 7	2	Being relaxed	H1, H2, H3, H6, H12, H18, H19, H28.	<i>Relax, relaxation, tense, calm.</i>
Ages 5 - 6	4	Medicine safety	H6, H18.	<i>Medicines, healthy, unhealthy, trust, safe.</i>
Ages 6 – 7	3	Medicine safety	H6, H18, H21, H25.	<i>Healthy, unhealthy, dangerous, medicines, safe, body.</i>
Ages 5 - 6	5	Road safety	H6, H18, H21.	<i>Safe, safety, Green Cross Code, eyes, ears, look, listen, wait.</i>
Ages 5 - 6	6	Happy, Healthy Me! (Ways of keeping healthy) (Assessment)	R15 H5, H6, H18, H24, H30.	<i>Keeping clean, healthy.</i>

## Healthy Me

### LKS2 – Years 3 and 4

<b>Cycle A</b>	<b>Lesson Number</b>	<b>Lesson Topic</b>	<b>RSHE Guidance Reference</b>	<b>Key Vocabulary</b>
Ages 7 - 8	1	Being fit and healthy	H5, J6, H18, H19, H20, H22, H23, H24.	<i>Oxygen, energy, calories, kilojoules, heartbeat, lungs, heart, fitness.</i>
Ages 7 - 8	2	Being fit and healthy	H5, H6, H18, H19, H20, H22, H23, H24, H28.	<i>Energy, calories, kilojoules, labels, sugar, fat, saturated fat.</i>
Ages 7 - 8	3	What do I know about drugs?	H17, H21, H25.	<i>Healthy, drugs, attitude.</i>
Ages 8 - 9	3	Smoking	R30, R31 H21, H25, H26.	<i>Smoking, vaping, pressure, peers, guilt, advice.</i>
Ages 8 - 9	4	Alcohol	R30, R31, R32 H21, H24, H25, H26.	<i>Alcohol, liver, disease.</i>
Ages 7 - 8	6	My amazing body (Food theme) (Assessment)	R15 H1, H6, H18, H19, H21.	<i>Complex, appreciate, body, healthy, safe, choice, risk.</i>

## Healthy Me

### LKS2 – Years 3 and 4

<b>Cycle B</b>	<b>Lesson Number</b>	<b>Lesson Topic</b>	<b>RSHE Guidance Reference</b>	<b>Key Vocabulary</b>
Ages 8 - 9	1	My friends and me	R7, R8, R11, R13 H2, H3.	<i>Friendships, emotions, healthy, relationships, friendship groups, value.</i>
Ages 8 - 9	2	Group dynamics	R8, R10, R11, R13, R19, R20, R21, R22, R25.	<i>Friendship groups, roles, leader, follower, assertive, agree, disagree.</i>
Ages 7 - 8	4	Being safe	R22, R23, R24, R25, R26, R28, R29, R30, R31, R32. H2, H3, H9, H11, H17, H21.	<i>Safe, anxious, scared, strategy, advice, dangerous, emergency, emergency services, ambulance, fire engine, police car, coastguard helicopter.</i>
Ages 7 - 8	5	Safe or unsafe	R20, R21, R22, R23, R24, R25, R26, R28, R29, R30, R31, R32. H9, H11, H21.	<i>Safe, harmful, risk, feelings.</i>
Ages 8 - 9	5	Healthy friendships	R8, R9, R10, R11, R12, R13, R16, R20, R25, R29, R32. H1, H4.	<i>Pressure, peers, anxiety, fear.</i>
Ages 8 - 9	6	Celebrating my inner strength and assertiveness (Assessment)	R11, R12, R14, R15, R16, R19, R22, R25.	<i>Believe, assertive, opinion, right, wrong.</i>

## Healthy Me

UKS2 – Years 5 and 6

<b>Cycle A</b>	<b>Lesson Number</b>	<b>Lesson Topic</b>	<b>RSHE Guidance Reference</b>	<b>Key Vocabulary</b>
Ages 9 - 10	1	Smoking	H21, H24, H25	<i>Choices, healthy behaviour, less healthy behaviour, informed decision, pressure, media, influence, vaping.</i>
Ages 9 - 10	2	Alcohol	H21, H24, H25	<i>Choices, healthy behaviour, unhealthy behaviour, informed decision, pressure, media, influence.</i>
Ages 9 - 10	3	Emergency aid	R31, R32 H9, H21, H32, H33	<i>Emergency, procedure, recovery position, calm, level-headed.</i>
Ages 9 - 10	4	Body image	R12, R15, R16, R18. R25, R27 H10, H21	<i>Body image, media, social media, celebrity, altered, self-respect, comparison.</i>
Ages 9 - 10	5	My relationship with food	R15 H4, H10, H21	<i>Body image, eating problem, eating disorder, respect, pressure.</i>
Ages 9 - 10	6	Healthy me (debate) (Assessment)	H1, H2, H3, H4, H5, H6, H10, H18, H19, H21	<i>Debate, opinion, fact, choices, healthy lifestyle, motivation.</i>

## Healthy Me

UKS2 – Years 5 and 6

<b>Cycle B</b>	<b>Lesson Number</b>	<b>Lesson Topic</b>	<b>RSHE Guidance Reference</b>	<b>Key Vocabulary</b>
Ages 10 - 11	1	Taking responsibility for my health and wellbeing	R15, R27, R31, R32 H1, H5, H6, H7, H9, H10, H17, H18, H19, H21, H24, H31	<i>Responsibility, choice, immunisation, prevention.</i>
Ages 10 - 11	2	Drugs	R31, R32 H2, H3, H8, H9, H10, H17, H21, H24, H25	<i>Drugs, effects, motivation, prescribed, unrestricted, over-the-counter, restricted, illegal, volatile substances, synthetic highs, new psychoactive substances.</i>
Ages 10 - 11	3	Exploitation	R7, R11, R25, R31, R32 H8, H9, H10, H17, H21	<i>Exploited, vulnerable, drugs, criminal, illegal, gangs.</i>
Ages 10 - 11	4	Gangs	R7, R11, R25, R31, R32 H8, H9, H10, H17, H21	<i>Gang, pressure, strategies, reputation, anti-social behaviour, crime, illegal.</i>
Ages 10 - 11	5	Emotional and mental health	H1, H4, H5, H6, H7, H9, H10, H12, H17, H18, H19, H21, H28	<i>Mental health, emotional health, mental illness, symptoms.</i>
Ages 10 - 11	6	Managing stress and pressure (Assessment)	R15, R19, R27, R30, R31, R32 H1, H4, H5, H6, H7, H9, H10, H12, H17, H18, H19, H20, H21, H28	<i>Stress, triggers, strategies, managing stress, pressure.</i>