

Healthy Me

Puzzle Overview - Year 1

Puzzle 4 Healthy Me	Puzzle Outcome Help me fit together the six pieces of learning about Healthy Me to create 'The Happy, Healthy Me Recipe Book'
Pieces	
1. Being Healthy	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
2. Healthy Choices	I know how to make healthy lifestyle choices I feel good about myself when I make healthy choices
3. Clean and Healthy	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
4. Medicine Safety	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
5. Road Safety	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
6. Happy, Healthy Me Assessment Opportunity ★	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

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Puzzle Overview - Year 2

Puzzle 4 Healthy Me	Puzzle Outcome Help me fit together the six pieces of learning about Healthy Me to create 'The Happy, Healthy Me Recipe Book'
Pieces	
1. Being Healthy	I know what I need to keep my body healthy I am motivated to make healthy lifestyle choices
2. Being Relaxed	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
3. Medicine Safety	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
4. Healthy Eating	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
5. Healthy Eating	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
6. The Healthy Me Cafe Assessment Opportunity ★	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

Healthy Me

Puzzle Overview - Year 3

Puzzle 4 Healthy Me	Puzzle Outcome Help me fit together the six pieces of learning about Healthy Me to create 'The Happy, Healthy Me Recipe Book'
Pieces	
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
2. 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
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
4. Being Safe Assessment Opportunity ★	I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help I can express how being anxious or scared feels
5. Being Safe at Home	I understand that, like medicines, some household substances can be harmful if not used correctly I can take responsibility for keeping myself and others safe at home
6. My Amazing Body	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

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Puzzle Overview - Year 4

Puzzle 4 Healthy Me	Puzzle Outcome Help me fit together the six pieces of learning about Healthy Me to create 'The Happy, Healthy Me Recipe Book'
Pieces	
1. My Friends and Me	I can recognise how different friendship groups are formed, how I fit into them and the friends I value the most I recognise when other people's actions make me feel embarrassed, hurt or inadequate and I can help myself to manage these emotions
2. Group Dynamics	I can recognise the changing dynamics between people in different groups, see who takes on which role, e.g. leader, follower, and understand the roles 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
3. Smoking	I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke I can relate to feelings of shame and guilt and know how to act assertively to resist pressure from myself and others
4. Alcohol	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 relate to the feelings of shame and guilt and know how to act assertively to resist pressure from myself and others
5. Healthy Friendships Assessment Opportunity ★	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
6. Celebrating My Inner Strength and Assertiveness	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 Overview - Year 5

Puzzle 4 Healthy Me	Puzzle Outcome
Pieces	
1. Smoking	<p>I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.</p> <p>I can make an informed decision about whether or not I choose to smoke and know how to resist pressure</p>
2. Alcohol	<p>I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart</p> <p>I can make an informed decision about whether or not I choose to drink alcohol and know how to resist pressure</p>
3. Emergency Aid	<p>I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations</p> <p>I know how to keep myself calm in emergencies</p>
4. Body Image	<p>I understand how the media and celebrity culture promotes certain body types</p> <p>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</p>
5. My Relationship with Food Assessment Opportunity ★	<p>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</p> <p>I respect and value my body</p>
6. Healthy Me	<p>I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy</p> <p>I am motivated to keep myself healthy and happy</p>

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Puzzle Overview - Year 6

Puzzle 4 Healthy Me	Puzzle Outcome
Pieces	
1. Food	<p>I know the impact of food on the body, e.g. creating energy, giving comfort and altering mood</p> <p>I am motivated to give my body the best combination of food for my physical and emotional health</p>
2. Drugs	<p>I know about different types of drugs and their uses and their effects on the body particularly the liver and heart</p> <p>I am motivated to find ways to be happy and cope with life's situations without using drugs</p>
3. Alcohol Assessment Opportunity ★	<p>I can evaluate when alcohol is being used responsibly, anti-socially or being misused</p> <p>I can tell you how I feel about using alcohol when I am older and my reasons for this</p>
4. Emergency Aid	<p>I know and can put into practice basic emergency aid procedures (e.g. the recovery position) and know how to get help in emergency situations</p> <p>I know how to keep myself safe to avoid emergencies and also how to deal with emergencies if they happen</p>
5. Emotional and Mental Health	<p>I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness</p> <p>I know how to help myself feel emotionally healthy and can recognise when I need help with this</p>
6. Managing Stress	<p>I can recognise when I feel stressed and the triggers that cause this and I understand how stress can cause alcohol misuse</p> <p>I can use different strategies to manage stress and pressure</p>