

Jigsaw Assembly Themes for Spring 2 2022 – Healthy Me

Week	Themes
Week 1	Have made a healthy choice
Week 2	Have eaten a healthy and balanced diet
Week 3	Have been physically active
Week 4	Have tried to keep themselves and others safe
Week 5	Know how to be a good friend and enjoy healthy relationships
Week 6	Know how to keep calm and deal with difficult situations

Year 3 Healthy Me

Questions for Family Learning			
How did you feel doing all those different actions? What was happening to your body while you were moving? Does your mind feel calm and ready to learn? How does making a healthier choice make you feel? How could you be more active? What activities do you enjoy? Do you think all drugs look the same? Why/why not? What words can describe how someone might feel listening to the music? Why do we show our emotions in our bodies as well as our faces? What thoughts come into your head when you are frightened or anxious? What amazing things can your bodies do? What surprising thing would you like other people to know about the human body?			
Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention
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
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
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
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
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
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
Key Vocabulary Oxygen, Energy, Calories/ Kilojoules, Heartbeat, Lungs, Heart, Fitness, Labels, Sugar, Fat, Saturated Fat, Drugs, Attitude, Safe, Anxious, Scared, Strategy, Advice, Dangerous, Emergency, Emergency Services, Ambulance, Fire engine, Police car, Coastguard helicopter			

Year 4 Healthy Me

Questions for Family Learning

How did you make friends with your different friendship groups? Is it important to have lots of friends? How are you different in each of your friendship groups? How would you handle a difficult situation? Would a friend handle it differently? Why? Do you find it easy to say no to something you don't want to do? Does anyone know where the liver is in the body? How can we look after our bodies, particularly our liver? Are there recommended limits for how much alcohol a person should drink? Why /why not? What is a 'healthy, positive friendship'?

Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention
Have made a healthy choice	1. My Friends and Me	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
Have eaten a healthy, balanced diet	2. Group Dynamics	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
Have been physically active	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 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
Have tried to keep themselves and others safe	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 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
Know how to be a good friend and enjoy healthy friendships	5. Healthy Friendships Puzzle Outcome: Healthy Friendships	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
Know how to keep calm and deal with difficult situations	6. Celebrating My Inner Strength and Assertiveness Assessment Opportunity ★	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

Key Vocabulary

Friendships, Emotions, Healthy, Relationships, Friendship groups, Value, Friendship groups, Roles, Leader, Follower, Assertive, Agree / disagree, Alcohol, Liver, Disease, Pressure Peers, Anxiety, Fear

Year 5 Healthy Me

Questions for Family Learning			
How do you show respect for your body? Is it better to rely on facts before making a decision about your health? Does the media always show the facts about smoking? Are the things we see and read about in the media always true? Why is it important to think quickly and calmly in an emergency situation? What is similar/different about these emergency situations? How are all these people different? What do you notice about their beliefs about food? What is your 'relationship' with food? How does the internet, social media and the media positively help our lives?			
Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention
Have made a healthy choice	1. Smoking	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
Have eaten a healthy, balanced diet	2. Alcohol	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
Have been physically active	3. Emergency Aid	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
Have tried to keep themselves and others safe	4. Body Image	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
Know how to be a good friend and enjoy healthy friendships	5. My Relationship with Food Puzzle Outcome : Healthy Body Image	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
Know how to keep calm and deal with difficult situations	6. Healthy Me Assessment Opportunity ★	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
Key Vocabulary Choices, Healthy behaviour, Unhealthy behaviour, Informed decision, Pressure, Media, Emergency Procedure, Recovery position, Calm, Level-headed, Body image, Media, Social media, Celebrity, Altered, Self-respect, Comparison, Body image, Eating problem, Eating disorder, Respect, Debate, Opinion, Fact, Choices, Healthy lifestyle. Motivation			

Year 6 Healthy Me

Questions for Family Learning			
How have you become more responsible as you have become older? How do some of the foods and drinks you enjoy affect how you feel? What do you understand the word 'drug' to mean? Why do you think that some drugs are legal and some drugs are illegal? What skills do we have in this class that can help others? How many 'emotion' words can you use in your well? Who is on your list of people to ask for help when you need it? How do you know if you need help? What do you think of when you hear about mental illness? What could you do if you heard someone use an unkind word or phrase about mental illness? How can we help ourselves stay emotionally well? What makes you stressed more than anything? Does it help if someone else can suggest a solution? How do other people try to manage stress? Why might people who don't feel good about themselves misuse substances or join a gang?			
Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention
Have made a healthy choice	1. Taking responsibility for my health and well-being	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
Have eaten a healthy, balanced diet	2. Drugs	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
Have been physically active	3. Exploitation	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
Have tried to keep themselves and others safe	4. Gangs	I know why some people join gangs and the risks this involves	I can suggest strategies someone could use to avoid being pressurised
Know how to be a good friend and enjoy healthy friendships	5. Emotional and Mental Health	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
Know how to keep calm and deal with difficult situations	6. Managing Stress and Pressure Puzzle Outcome: Healthy Body, Healthy Mind Assessment Opportunity ★	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
Key Vocabulary Responsibility, Choice, Immunisation, Prevention, Drugs, Effects, Motivation, Prescribed, Unrestricted, Over-the-counter, Restricted, Illegal, Volatile substances, Synthetic highs, New psychoactive substances, Exploited, Vulnerable. Drugs, Criminal, Illegal, Gangs, Strategies, Reputation, Anti-social behaviour, Crime, symptoms, emotional health, mental illness, stress, triggers			