

UKS2 – YEAR B  
Healthy Me – Units 1 & 2

Unit 1

Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention	Resources
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	Jigsaw Chime, 'Calm Me' script, Guess what I am? PowerPoint, Taking responsibility role play cards, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jem, Jigsaw Jerrie Cat.
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	Jigsaw Chime, 'Calm Me' script, PowerPoint slide : Drug definition, PowerPoint slide : Drug categories, Drug groups sorting resource, Teacher resource sheet (Information only), My Jigsaw Journey, Jigsaw Journal, Jigsaw Jem, Jigsaw Jerrie Cat.
Have been physically active	3. Exploitation	<i>Topics not currently included in our PSHE curriculum</i>		
Have tried to keep themselves and others safe	4. Gangs			
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	Jigsaw Chime, 'Calm Me' script, Jigsaw Jem, Emotional well PowerPoint slide, My emotional well template, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.
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	Jigsaw Chime, 'Calm Me' script, PowerPoint slides of adults under stress, Cube template (copied on to card), Glue, Jigsaw Journals, My Jigsaw Journey, Certificates, Jigsaw Jem, Jigsaw Jerrie Cat.

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Unit 2

Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention	Resources
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	Jigsaw Chime, 'Calm Me' script, Jigsaw Jez, Smoking quiz sheets and answers Image of the Tobacco Industry's Poster Child, (Teacher to source- can be easily found from the internet), Optional: Teacher sourced images from the media e.g. celebrities who smoke , Optional: Children's access to the internet, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.
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	Jigsaw Chime, 'Calm Me' script, Alcohol puzzle pieces, PowerPoint slide: Anti-social behaviour definition, Gregg and Lottie's story, Jigsaw Journal, My Jigsaw Journey, Jigsaw Jez, Jigsaw Jerrie Cat.
Have been physically active	3. Emergency Aid  <i>*First Aid workshop may support/replace this lesson</i>	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	Jigsaw Chime, 'Calm Me' script, Recovery position PowerPoint, Optional: Teacher could source an appropriate video from the internet that shows the stage of the recovery position, Storyboard template, Emergency situation cards, Jigsaw Journal, My Jigsaw Journey, Jigsaw Jez, Jigsaw Jerrie Cat.
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	Jigsaw Chime, 'Calm Me' script, PowerPoint slide: Body image definition, Teacher to source 'Photo-shopped images of celebrities; before and after). Easily obtained online. Ensure male and female pictures are included., Message game cards, Timer, Top Tips PowerPoint slide, My Jigsaw Journey, Jigsaw Journals, Jigsaw Jez, Jigsaw Jerrie Cat.
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	Jigsaw Chime, 'Calm Me' script, 'Food is...' sorting cards, Teacher to source a range of food adverts e.g. from online sources or from magazines, White card, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jez, Jigsaw Jerrie Cat.
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	Jigsaw Chime, 'Calm Me' script, Jigsaw Jez, Debate cards (if being used), Jigsaw Journals, My Jigsaw Journey, Certificate, Jigsaw Jez, Jigsaw Jerrie Cat.