

Jigsaw PSHE is a progressive scheme of learning where knowledge and skills build year on year across the programme. The table below shows how the Healthy Me Puzzle (unit of work) develops in this year group, including some of the key vocabulary. Schools may adapt content to fit their policy, so please check with your child's school for specific details.

Ages 8-9	Puzzle overview: Healthy Me	
	In this Puzzle, children explore friendships, group dynamics and the emotions linked to belonging, trust and feeling left out. They consider how peer influence can affect choices and learn ways to stay safe with friends, including near railways. Across the six Pieces, children learn key facts about smoking, vaping and alcohol, and practise recognising pressure, managing uncomfortable feelings and acting assertively. They reflect on what makes a healthy friendship and how to resist unsafe situations.	
	Knowledge	Social and emotional skills
	<ul style="list-style-type: none"> • I recognise how different friendship groups are formed, how I fit into them and the friends I value the most • I understand how peer influence can lead to unsafe choices, including fire risks and risky behaviour, and know how to reduce risks and ask for help • I know some facts about the effects of smoking and vaping on health, and why some people might start to smoke or vape • I understand the facts about alcohol and its effects on health, particularly the liver, and some of the reasons some people drink alcohol • I can recognise when people are putting me under pressure and can explain ways to resist this when I want • I know myself well enough to have a clear picture of what I believe is right and wrong 	<ul style="list-style-type: none"> • I can identify the feelings I have about my friends and my different friendship groups • I can recognise feelings of embarrassment, pressure or wanting to fit in that might stop me making safe choices, and know how to manage these feelings to keep myself safe • I can recognise negative feelings in peer pressure situation (such as embarrassment, shame, inadequacy and guilt) and know how to act assertively to resist pressure from myself and others • I can identify feelings of anxiety and fear associated with peer pressure • I can tap into my inner strength and know how to be assertive
	Vocabulary	
advice, agree/disagree, alcohol, anxiety, assertive, believe, disease, emotions, embarrassment, fear, follower, friendship groups, friendships, guilt, healthy, leader, liver, lonely, opinion, peers, pressure, puberty, relationships, right, roles, smoking, trust, value, vaping, wrong		

This page offers simple ways to support your child's learning at home. The questions, ideas, and resources below encourage meaningful discussion, independence, and practising key life skills in everyday situations.

Talking Together: suggested questions to support Healthy Me learning at home				
Ages 8-9	My body – heart, lungs and fitness <ul style="list-style-type: none"> • What happens to your body when you exercise? • Why are your heart and lungs important? • What helps you keep your body strong and fit? 	Healthier food choices <ul style="list-style-type: none"> • What foods help you be healthy and strong? • How do you feel when you make a healthy choice? • Why is it important to have a balanced diet? 	Medicines, drugs and making safe choices <ul style="list-style-type: none"> • What are medicines are used for? • Who can help you use medicine safely? • Why is it important to make safe choices about what we put into our bodies? 	
	Safety, risk and responsibility <ul style="list-style-type: none"> • What does it mean to keep yourself safe? • Can you think of places or situations where you might need to be extra careful? • What does taking responsibility for your safety mean? 	Emergencies <ul style="list-style-type: none"> • Who can help you in an emergency? • Do you know how to get help if you are worried or feel unsafe? • How do emergency services help people? 	Feelings, worries and safe choices <ul style="list-style-type: none"> • How does your body feel when you are anxious or scared? • Who can you talk to if something feels unsafe? • How can making healthy choices help you feel good about yourself? 	
	Resources and additional support for Families			
	<ul style="list-style-type: none"> • Better Health – Healthier Families (NHS) – lots of family resources, activities, food recipes and more • Stay Wise –learning about emergency services with interactive games, activities, videos and stories, and BBC - Level Crossing Video • British Red Cross – support and advice including home learning first aid resources • Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Healthy Me theme. 			
School-based and local resources (editable box for teachers):				