

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 7-8	Puzzle overview: Healthy Me	
	<p>In this Puzzle, children learn how exercise and food affect their bodies, exploring energy, fitness and making balanced choices. They consider attitudes towards drugs and reflect on how these make them feel. Across the six Pieces, children learn about ways to keep themselves safe - especially around water - recognising risk and who to contact in emergencies and how to do this, including the water safety code . They practise identifying safe and unsafe situations, managing worried feelings and taking responsibility for their own safety and the safety of others.</p>	
	Knowledge	Social and emotional skills
	<ul style="list-style-type: none"> • I understand how exercise affects my body and know why my heart and lungs are such important organs • I know that the amount of calories, fat and sugar I put into my body will affect my health • I can tell you my knowledge and attitude towards drugs • I can identify things, people and places that I need to keep safe from • I know some strategies for keeping myself safe, who to go to for help and how to call emergency services • I can identify when something feels safe or unsafe • I understand how complex my body is and how important it is to take care of it 	<ul style="list-style-type: none"> • I can set myself a fitness challenge • I know what it feels like to make a healthy choice • I can identify how I feel towards drugs • I can express how being anxious or scared feels • I can take responsibility for keeping myself and others safe • I respect my body and appreciate what it does for me
Vocabulary		
<p>advice, ambulance, anxious, appreciate, attitude, body, calories/kilojoules, choice, coastguard helicopter, complex, dangerous, drugs, emergency, emergency services, energy, fat, feelings, fire engine, fitness, harmful, heartbeat, healthy, heart, labels, lungs, oxygen, police car, responsibility, risk, safe, scared, strategy, sugar, saturated fat, unsafe</p>		

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 7-8	<p>My body – heart, lungs and fitness</p> <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? 	<p>Healthier food choices</p> <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 a balanced diet important? 	<p>Medicines, drugs and making safe choices</p> <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?
	<p>Safety, risk and responsibility</p> <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? 	<p>Emergencies</p> <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? 	<p>Feelings, worries and safe choices</p> <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) –family resources, activities, food recipes and more: advice from GOSH on physical activity • Stay Wise – support learning about emergency services with interactive games, activities, videos and stories • Canal and River Trust Family Resources and Swim Safe – a community focussed programme for children about safety in and around open water • 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):			