

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.

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| Ages 9-10 | Puzzle overview: Healthy Me | |
| | In this Puzzle, children learn about the health risks linked to smoking, vaping and alcohol, and practise making informed, pressure-resistant choices. They develop basic emergency aid skills, including how to stay calm and get help. Across the six Pieces, children explore body image, the influence of media and advertising, and reflect on their relationship with food. They learn to respect and value their bodies while considering what supports a healthy lifestyle. | |
| | Knowledge | Social and emotional skills |
| | <ul style="list-style-type: none"> • I know there are health risks with smoking and vaping and can tell you some of the ways that tobacco and nicotine are harmful to the body • I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart • I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations • I understand how the media, social media and celebrity culture promotes certain body types • I can describe the different attitudes people have to food and how these can be affected by external influences • I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy | <ul style="list-style-type: none"> • I can make an informed decision about whether or not I choose to smoke or vape and know how to resist pressure • I can make an informed decision about whether or not I choose to drink alcohol and know how to resist pressure • I know how to keep myself calm in emergencies • 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 • I respect and value my body • I am motivated to keep myself healthy and happy |
| | Vocabulary | |
| addicted, alcohol, altered, body image, calm, celebrity, choices, comparison, debate, emergency, fact, healthy behaviour, healthy lifestyle, informed decision, influence, level-headed, media, motivation, nicotine, obesity, opinion, pressure, procedure, recovery position, self-respect, smoking, social media, tobacco, unhealthy behaviour, vaping | | |

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 | | | |
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| Ages 9-10 | Smoking and vaping | Alcohol awareness | Emergencies and first aid |
| | <ul style="list-style-type: none"> • Why is it important to keep your body safe from harmful substances? • What could you say if someone tried to pressure you to try something unsafe? • How can making healthy choices help you feel proud of yourself? | <ul style="list-style-type: none"> • What do you know about alcohol and its effects on the body? • Why might some people choose to drink alcohol? • How can you make safe and informed choices in the future? | <ul style="list-style-type: none"> • What might an emergency situation look like? • How can you stay calm in an emergency? • Who can you contact if help is needed urgently? |
| | Media influence and body image | Food, feelings and influences | Healthy lifestyle – self-respect and wellbeing |
| | <ul style="list-style-type: none"> • What messages about bodies do we see in media or social media? • How is everybody unique and special? • How can we focus on what our bodies can do rather than how they look? | <ul style="list-style-type: none"> • How can feelings influence what or how we eat? • What does having a healthy relationship with food mean? • Who or what might influence our food choices? | <ul style="list-style-type: none"> • What does a healthy lifestyle look like? • What choices help you stay healthy and safe? • Why is it important to respect and value your body? |
| 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 • British Red Cross – support and advice including home learning first aid resources • NSPCC – advice for families seeking further help and advice on specific topics i.e., online safety, social media, wellbeing and mental health etc. • 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): | | | |