

# Spring 2

## 'Healthy Me



### Puzzle 4: Healthy Me - Spring 2

Development Matters 2012 Early Years Curriculum 2013

Pieces	Development Levels	Weekly Celebration	SMSC	Resources
<b>1. Everybody's Body</b>	<p><b>Understanding the world</b>                      D5 - Talks about why things happen and how things work                      D5 - Develop an understanding of growth, decay and changes over time</p> <p><b>Physical development - Health and self care</b>                      D5 - Observes the effects of activity on their bodies                      D5 - Understands that equipment and tools have to be used safely</p> <p><b>Making relationships</b>                      D6 - Explains own knowledge and understanding, and asks appropriate questions of others</p>	Have made a healthy choice	Social Cultural	Music Assortment of pictures of active play/sports Jigsaw Song sheet: 'Keep fit, keep healthy' Jigsaw Jenie Colouring pictures
<b>2. We Like to Move it Move it!</b>	<p><b>Understanding the world</b>                      D5 - Develop an understanding of growth, decay and changes over time</p> <p><b>Physical development - Health and self care</b>                      D5 - Observes the effects of activity on their bodies                      D6 - Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health</p> <p>ELG - Children know the importance for good health of physical exercise and a healthy diet, and to talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently</p>	Have eaten a healthy, balanced diet	Spiritual Moral Social	Black Lace CD - Superman song/I am the music man or I like to move it, move it (from the film 'Madagascar') Small apparatus e.g. balls, ropes, beanbags, cones, timers Large space needed Calm music to assist with the cool down Small apparatus
<b>3. Food Glorious Food</b>	<p><b>Understanding the world</b>                      D5 - Develop an understanding of growth, decay and changes over time</p> <p><b>Physical development - Health and self care</b>                      D6 - Eats a healthy range of foodstuffs and understands need for variety of food                      D6 - Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health</p> <p>ELG - Children know the importance for good health of physical exercise and a healthy diet, and to talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently</p>	Have been physically active	Moral Social Cultural	Jigsaw Song sheet: 'Keep fit, keep healthy' 2 lunchboxes An assortment of healthy food and not so healthy food (preferably real) to make a sandwich Fruit for directed activity Shopping bags/basket Food Glorious Food song

Pieces	Development Levels	Weekly Celebration	SMSC	Resources
<b>4. Sweet Dreams</b>	<p><b>Understanding the world</b>                      D5 - Develop an understanding of growth, decay and changes over time</p> <p><b>Physical development - Health and self care</b>                      D5 - Can tell adults when hungry or tired or when they want to rest or play                      D6 - Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health</p> <p>ELG - Children know the importance for good health of physical exercise and a healthy diet, and to talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently</p>	Have tried to keep themselves and others safe	Spiritual Social Cultural	In The Night Garden clip from CBEEBIES Lullaby CD Jigsaw Jenie Bedtime equipment: Pyjamas, Teddy, Hot water bottle, Dressing gown, Glass of milk, Night light, Story book Chitty Chitty Bang Bang DVD Large clock
<b>5. Keeping Clean</b>	<p><b>Understanding the world</b>                      D5 - Develop an understanding of growth, decay and changes over time</p> <p><b>Physical development - Health and self care</b>                      D5 - Can usually manage washing and drying hands                      D6 - Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health</p> <p>ELG - Children know the importance for good health of physical exercise and a healthy diet, and a healthy diet, and to talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently</p>	Know how to be a good friend and enjoy healthy friendships	Spiritual Moral Social Cultural	Cleaning equipment: jug of water, bowl, soap, flannel, towel Fruit/vegetables Dirt

# Healthy Me

## Puzzle Map - Year 1

### Puzzle Outcome

Help me fit together the six pieces of learning about Healthy Me to create 'The Happy, Healthy Me Recipe Book'

Weekly Celebration	Pieces	PSHE Education (Developed from National Framework DfEE 2000)	Emotional Literacy/Social Skills (Developed from SEAL - Social and Emotional Aspects of Learning DfES 2004)	
Have made a healthy choice	1. Being Healthy	I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy	I feel good about myself when I make healthy choices	Ji sl Jc
Have eaten a healthy, balanced diet	2. Healthy Choices	I know how to make healthy lifestyle choices	I feel good about myself when I make healthy choices	Ji Ji Pi Hi
Have been physically active	3. Clean and Healthy	I know how to keep myself clean and healthy, and understand how germs cause disease/illness I know that all household products including medicines can be harmful if not used properly	I am special so I keep myself safe	Ji Bi sc pr Jc
Have tried to keep themselves and others safe	4. Medicine Safety	I understand that medicines can help me if I feel poorly and I know how to use them safely	I know some ways to help myself when I feel poorly	Ji Di Jc
Know how to be a good friend and enjoy healthy friendships	5. Road Safety	I know how to keep safe when crossing the road, and about people who can help me to stay safe	I can recognise when I feel frightened and know who to ask for help	Ji Pi Ji
Know how to keep calm and deal with difficult situations	6. Happy, Healthy Me Assessment Opportunity ★	I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy	I can recognise how being healthy helps me to feel happy	Ji Ki Ji

# Healthy Me

## Puzzle Map - Year 2

### Puzzle Outcome

Help me fit together the six pieces of learning about Healthy Me to create 'The Happy, Healthy Me Recipe Book'

Weekly Celebration	Pieces	PSHE Education (Developed from National Framework DfEE 2000)	Emotional Literacy/Social Skills (Developed from SEAL - Social and Emotional Aspects of Learning DfES 2004)	
Have made a healthy choice	1. Being Healthy	I know what I need to keep my body healthy	I am motivated to make healthy lifestyle choices	Ji sh Cl Ji
Have eaten a healthy, balanced diet	2. Being Relaxed	I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed	I can tell you when a feeling is weak and when a feeling is strong	Ji sl Jc
Have been physically active	3. Medicine Safety	I understand how medicines work in my body and how important it is to use them safely	I feel positive about caring for my body and keeping it healthy	Ji Mi Ji
Have tried to keep themselves and others safe	4. Healthy Eating	I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy	I have a healthy relationship with food and know which foods I enjoy the most	Ji - c Pi
Know how to be a good friend and enjoy healthy friendships	5. Healthy Eating	I can decide which foods to eat to give my body energy	I have a healthy relationship with food and I know which foods are most nutritious for my body	Ji sl dl he or
Know how to keep calm and deal with difficult situations	6. The Healthy Me Café Assessment Opportunity ★	I can make some healthy snacks and explain why they are good for my body	I can express how it feels to share healthy food with my friends	Ji In H Ji

# Healthy Me

## Puzzle Map - Year 3

### Puzzle Outcome

Help me fit together the six pieces of learning about Healthy Me to create 'The Happy, Healthy Me Recipe Book'

Weekly Celebration	Pieces	PSHE Education (Developed from National Framework DfEE 2000)	Emotional Literacy/Social Skills (Developed from SEAL - Social and Emotional Aspects of Learning DfES 2004)	
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	J s h t w Y w J
Have eaten a healthy, balanced diet	2. 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	J s t
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	J w V t J
Have tried to keep themselves and others safe	4. Being Safe Assessment Opportunity ★	I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help	I can express how being anxious or scared feels	J n k t
Know how to be a good friend and enjoy healthy friendships	5. Being Safe at Home	I understand that, like medicines, some household substances can be harmful if not used correctly	I can take responsibility for keeping myself and others safe at home	J E S S G c J
Know how to keep calm and deal with difficult situations	6. My Amazing Body	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	J C o a

# Healthy Me

## Puzzle Map - Year 4

### Puzzle Outcome

Help me fit together the six pieces of learning about Healthy Me to create 'The Happy, Healthy Me Recipe Book'

Weekly Celebration	Pieces	PSHE Education (Developed from National Framework DfEE 2000)	Emotional Literacy/Social Skills (Developed from SEAL - Social and Emotional Aspects of Learning DfES 2004)	
Have made a healthy choice	1. My Friends and Me	I can recognise how different friendship groups are formed, how I fit into them and the friends I value the most	I recognise when other people's actions make me feel embarrassed, hurt or inadequate and I can help myself to manage these emotions	.
Have eaten a healthy, balanced diet	2. Group Dynamics	I can recognise the changing dynamics between people in different groups, see who takes on which role, e.g. leader, follower, and understand the roles 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 relate to feelings of shame 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 relate to the feelings of shame 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 Assessment Opportunity ★	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	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	.

# Healthy Me

## Puzzle Map - Year 5

### Puzzle Outcome

Help me fit together the six pieces of learning about Healthy Me to create 'The Happy, Healthy Me Recipe Book'

Weekly Celebration	Pieces	PSHE Education (Developed from National Framework DfEE 2000)	Emotional Literacy/Social Skills (Developed from SEAL - Social and Emotional Aspects of Learning DfES 2004)	
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	Jig Strip: Tollwires
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	Jigster - Alcohol
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	Jigpost: Wasstern
Have tried to keep themselves and others safe	4. Body Image	I understand how the 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	Jigslice: Impulsions
Know how to be a good friend and enjoy healthy friendships	5. My Relationship with Food Assessment Opportunity ★	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	Jigsocket: Jig
Know how to keep calm and deal with difficult situations	6. Healthy Me	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	Jig Set: Fit

# Healthy Me

## Puzzle Map - Year 6

### Puzzle Outcome

Help me fit together the six pieces of learning about Healthy Me to create 'The Happy, Healthy Me Recipe Book'

Weekly Celebration	Pieces	PSHE Education (Developed from National Framework DfEE 2000)	Emotional Literacy/Social Skills (Developed from SEAL - Social and Emotional Aspects of Learning DfES 2004)	
Have made a healthy choice	1. Food	I know the impact of food on the body, e.g. creating energy, giving comfort and altering mood	I am motivated to give my body the best combination of food for my physical and emotional health	Jigsaw
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: D
Have been physically active	3. Alcohol Assessment Opportunity ★	I can evaluate when alcohol is being used responsibly, anti-socially or being misused	I can tell you how I feel about using alcohol when I am older and my reasons for this	Jigsaw: E
Have tried to keep themselves and others safe	4. Emergency Aid	I know and can put into practice basic emergency aid procedures (e.g. the recovery position) and know how to get help in emergency situations	I know how to keep myself safe to avoid emergencies and also how to deal with emergencies if they happen	Jigsaw: E
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: E
Know how to keep calm and deal with difficult situations	6. Managing Stress	I can recognise when I feel stressed and the triggers that cause this and I understand how stress can cause alcohol misuse	I can use different strategies to manage stress and pressure	Jigsaw: C