

JIGSAW - Healthy Me

Lesson sequence

Lesson 1: To know how to keep fit and healthy.

Lesson 2: To know the importance of a healthy, balanced diet.

Lesson 3: To know how to stay safe.

Lesson 4: To know how to keep myself safe.

Lesson 5: To identify the difference between safe and unsafe.

Lesson 6: To know how important it is to take care of my body.

Concept Links / Prior Knowledge

EYFS - I know which foods are healthy and not so healthy and can make healthy eating choices. I know how to help myself go to sleep and understand why sleep is good for me. I know what a stranger is and how to stay safe if a stranger approaches me.

Year 1 - I know some ways to keep myself healthy. I know how to make healthy lifestyle choices. I know that all household products including medicines can be harmful if not used properly. I know how to keep safe when crossing the road, and about people who can help me to stay safe.

Year 2 - I know which foods I enjoy the most. I know some things that make me feel relaxed and some that make me feel stressed. I know the correct food groups and know which foods my body needs every day to keep me healthy. I know how to be physically active and why this is good for my body.

Sticky learning

New Knowledge

*I know how exercise affects my body
I know why my heart and lungs are such important organs and what their roles are inside the body.
I know how these changes during exercise.
I know that the amount of calories, fat and sugar I put into my body will affect my health
I know how different food groups, vitamins and minerals help my body during exercise.
I know what it feels like to make a healthy choice
I know how to take responsibility for keeping myself and others safe*

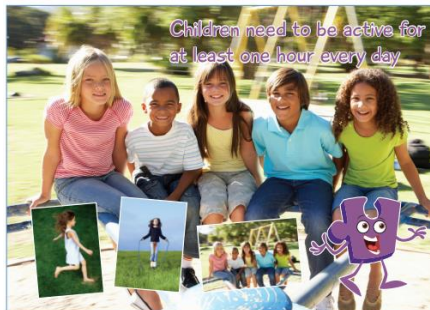
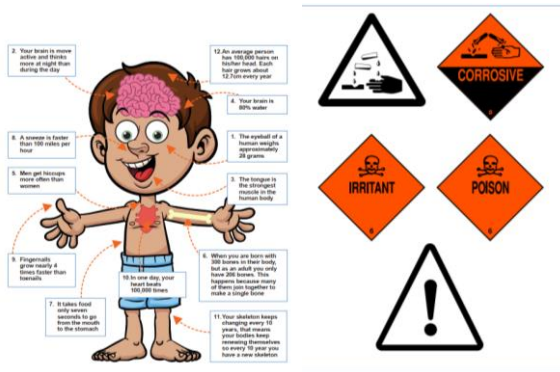
New Skills

*I can set myself a fitness challenge
I can express my knowledge and attitude towards drugs.
I can express how being anxious or scared feels
I respect my body and appreciate what it does for me
I can identify things, people and places that I need to keep safe from
I can tell you some strategies for keeping myself safe and healthy including who to go to for help.
I can express how being anxious/ scared and unwell feels.*

Vocabulary revision

Oxygen
Lungs
Heart
Fitness
Challenge
Healthy

Visual representations



More detailed knowledge and information

I can understand how exercise affects my body and know why my heart and lungs are such important organs.

I can set myself fitness challenges.

I can identify things, people and places that I need to keep safe from.

I 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.

I can 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.

I can understand how complex my body is and how important it is to take care of it.

I can respect my body and appreciate what it does.

New vocabulary I will learn

Heartbeat
Attitude
Safe
Anxious
Scared
Strategy
Advice
Harmful
Medicines
Substances
Complex
Appreciate
Body