

Healthy Me		
Year Group	Puzzle Outcome	Visitors/Educational Visits
1	The Healthy, Happy Me Recipe Book Individual Class Display Celebration/sharing assembly Celebration/sharing Tweet	Fairtrade Fortnight Safer Internet Day
Week	Themes/Puzzles	Learning Intention
1	Being Healthy	I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy
2	Healthy Choices	I know how to make healthy lifestyle choices
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
4	Medicine Safety	I understand that medicines can help me if I feel poorly and I know how to use them safely
5	Road Safety	I know how to keep safe when crossing the road, and about people who can help me to stay safe
6	Happy, Healthy Me Recipe Book Assessment	I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy

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Year Group	Puzzle Outcome	Visitors/Educational Visits
2	The Healthy, Happy Me Recipe Book Individual Class Display Celebration/sharing assembly Celebration/sharing Tweet	Fairtrade Fortnight Safer Internet Day School Nurse visitor teaching the importance of hygiene and hand washing Making a healthy sandwich (DT)
Week	Themes/Puzzles	Learning Intention
1	Being Healthy	I know what I need to keep my body healthy
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
3	Medicine Safety	I understand how medicines work in my body and how important it is to use them safely
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
5	Healthy Eating	I can make some healthy snacks and explain why they are good for my body
6	Healthy Recipes	I can decide which foods to eat to give my body energy

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Year Group	Puzzle Outcome	Visitors/Educational Visits
3	The Healthy, Happy Me Recipe Book Individual Class Display Celebration/sharing assembly Celebration/sharing Tweet	Fairtrade Fortnight Safer Internet Day Dental Nurse visitors teaching oral hygiene
Week	Themes/Puzzles	Learning Intention
1	Being Fit and Healthy	I understand how exercise affects my body and know why my heart and lungs are such important organs
2	Being Fit and Healthy	I know that the amount of calories, fat and sugar I put into my body will affect my health
3	What do I Know About Drugs?	I can tell you my knowledge and attitude towards drugs
4	Being Safe	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
5	Safe or Unsafe	I can identify when something feels safe or unsafe
6	My Amazing Body	I understand how complex my body is and how important it is to take care of it

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Year Group	Puzzle Outcome	Visitors/Educational Visits
4	The Healthy, Happy Me Recipe Book Individual Class Display Celebration/sharing assembly Celebration/sharing Tweet	Fairtrade Fortnight Safer Internet Day Adventure Service Challenge
Week	Themes/Puzzles	Learning Intention
1	My Friends and Me	I recognise how different friendship groups are formed, how I fit into them and the friends I value the most
2	Group Dynamics	I understand there are people who take on the roles of leaders or followers in a group, and I know the role I take on in different situations
3	Smoking and Shisha	I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke
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
5	Healthy Friendships	I can recognise when people are putting me under pressure and can explain ways to resist this when I want
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

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5	The Healthy, Happy Me Recipe Book Individual Class Display Celebration/sharing assembly Celebration/sharing Tweet	Fairtrade Fortnight Safer Internet Day Adventure Service Challenge
Week	Themes/Puzzles	Learning Intention
1	Smoking	I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.
2	Alcohol	I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart
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
4	Body Image	I understand how the media, social media and celebrity culture promotes certain body types
5	My Relationship with Food	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
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

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Year Group	Puzzle Outcome	Visitors/Educational Visits
6	The Healthy, Happy Me Recipe Book Individual Class Display Celebration/sharing assembly Celebration/sharing Tweet	Fairtrade Fortnight Safer Internet Day School Nurse Visitor Shisha Awareness Talk Fire Safety Visit to Bury Station CPR Training Adventure Service Challenge
Week	Themes/Puzzles	Learning Intention
1	Taking Responsibility for My Health and Well-being	I can take responsibility for my health and make choices that benefit my health and well-being
2	Drugs	I know about different types of drugs and their uses and their effects on the body particularly the liver and heart
3	Exploitation	I understand that some people can be exploited and made to do things that are against the law
4	Gangs	I know why some people join gangs and the risks this involves
5	Emotional and Mental Health	I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness
6	Managing Stress and Pressure	I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse.