



Healthy Me Puzzle Map - Ages 7-8

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
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
2. Being Fit and Healthy	I know that the amount of calories, fat and sugar I put into my body will affect my health	I know what it feels like to make a healthy choice
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
4. Being Safe Puzzle outcome: Keeping 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 I know who to go to for help and how to make a call to emergency services	I can express how being anxious or scared feels
5. Safe or Unsafe	I can identify when something feels safe or unsafe	I can take responsibility for keeping myself and others safe
6. My Amazing Body Assessment Opportunity	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

