



Year 1 PSHE - Healthy me

Big question
How can we make healthy choices?

Puzzle Outcomes

- I understand how to keep healthy and know the difference between healthy and unhealthy.
- I know how to make healthy lifestyle choices and feel good when I make them.
- I know how to keep myself clean and healthy and understand how germs cause diseases/illnesses.
- I know that I am special and need to keep safe.
- I know that medicines can help me when I am poorly but need to be used safely.
- I know how to cross the road safely and who to talk to if I feel frightened.
- I can tell you how I can keep my body healthy and how being healthy makes me feel happy.

Reflective Questions

- ☺ Can you give examples of healthy and unhealthy choices?
- ☺ What is special about you?
- ☺ What can you do when you feel poorly?
- ☺ Who do you ask for help when you feel frightened?

What Makes Our School Great?

As good citizens it is important for us to understand how to be healthy and how much better this makes us feel.

Keeping clean and taking care to acknowledge that we are special can make us feel safe and happy.

Jigsaw Learning Charter



Key Vocabulary

Balanced	In good proportions an equal amount of each.
Choices	Choose between two or more possibilities.
Clean	To get rid of dirt.
Exercise	To do a task which involves movement and fitness.
Healthy	To keep your mind and body fit and well.
Hygienic	Being healthy and preventing disease by being clean.
Medicines	Treatment and prevention of disease or illness.
Safety	Protect from danger, risk, or injury.
Sleep	To lie with your eyes closed and with little body movements to recharge your body and mind.
Toiletry items	Items to keep you clean and safe from germs such as soap, toothpaste, shampoo etc.
Trust	To believe in something or someone.
Unhealthy	To choose things which do not keep your mind and body fit and well.

