

Jigsaw PSHE is a progressive scheme of learning where knowledge and skills build year on year across the programme. The table below shows how the Healthy Me Puzzle (unit of work) develops in this year group, including some of the key vocabulary. Schools may adapt content to fit their policy, so please check with your child's school for specific details.

<b>Ages 5-6</b>	<b>Puzzle overview: Healthy Me</b>	
	In this Puzzle, children learn what it means to be healthy, exploring food, exercise, sleep and everyday choices that help their bodies and minds. They develop understanding of hygiene, germs and how to keep clean and safe at home. Across the six Pieces, children learn about medicine safety and road safety, practise recognising when they feel worried or unwell, and think about who can help them stay safe. They reflect on how healthy choices can make them feel good about themselves.	
	<b>Knowledge</b>	<b>Social and emotional skills</b>
	<ul style="list-style-type: none"> <li>• I understand the difference between being healthy and unhealthy and know some ways to keep myself healthy</li> <li>• I know how to make healthy lifestyle choices</li> <li>• I know how to keep myself clean and healthy, and understand how germs cause disease/illness</li> <li>• I know that all household products including medicines can be harmful if not used properly</li> <li>• I understand how medicines can help me if I feel poorly and I know how to use them safely</li> <li>• I know how to keep safe when crossing the road, and about people who can help me to stay safe</li> <li>• I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy</li> </ul>	<ul style="list-style-type: none"> <li>• I feel good about myself when I make healthy choices</li> <li>• I am special so keep myself safe</li> <li>• I know some ways to help myself when I feel poorly</li> <li>• I can recognise when I feel frightened and know who to ask for help</li> <li>• I can recognise how being healthy helps me to feel happy</li> </ul>
	<b>Vocabulary</b>	
balanced, bacteria, body parts, choices, clean, crossing, ears, exercise, eyes, germs, healthy, hygienic, keeping clean, kerb, less healthy, listen, look, medicines, nervous, pavement, safe, scared, sleep, soap, traffic, traffic lights, trust, unhealthy, virus, wait		

This page offers simple ways to support your child's learning at home. The questions, ideas, and resources below encourage meaningful discussion, independence, and practising key life skills in everyday situations.

Talking Together: suggested questions to support Healthy Me learning at home			
<b>Ages 5-6</b>	<b>Healthy choices and looking after my body</b> <ul style="list-style-type: none"> <li>• What things can you do to help keep your body healthy?</li> <li>• How do you feel when you make healthy choices?</li> <li>• Why is your body special and amazing?</li> </ul>	<b>Exercise, rest and wellbeing</b> <ul style="list-style-type: none"> <li>• How does your body feel when you have been active?</li> <li>• Why is it important to rest and sleep?</li> <li>• What activities help you feel happy and well?</li> </ul>	<b>Keeping clean and understanding germs</b> <ul style="list-style-type: none"> <li>• When should we wash our hands?</li> <li>• What are germs and how can we stop them spreading?</li> <li>• Why is it important to keep ourselves clean?</li> </ul>
	<b>Medicines and being safe at home</b> <ul style="list-style-type: none"> <li>• What should you do if you find medicine at home?</li> <li>• Who can give you medicine safely?</li> <li>• How can medicines help when you feel poorly?</li> </ul>	<b>Road safety</b> <ul style="list-style-type: none"> <li>• What should you remember when crossing the road?</li> <li>• What do traffic lights and crossings help us do?</li> <li>• How can you make safe choices near roads?</li> </ul>	<b>Feelings, safety and getting help</b> <ul style="list-style-type: none"> <li>• How can you tell when you feel worried or frightened?</li> <li>• Who are the trusted adults you can ask for help?</li> <li>• What can you do if you feel unsafe or unwell?</li> </ul>
	Resources and additional support for Families		
	<ul style="list-style-type: none"> <li>• <a href="#">NHS Start for Life</a> – guidance and advice on sleep, hygiene, routines and more</li> <li>• <a href="#">Better Health – Healthier Families (NHS)</a> – lots of family resources, activities, food recipes and more</li> <li>• <a href="#">THINK! Road Safety</a> – advice, support and games</li> <li>• BBC Bitesize: <a href="#">Things that might be dangerous</a></li> <li>• Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Healthy Me theme.</li> </ul>		
<b>School-based and local resources (editable box for teachers):</b>			