

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.

Ages 6-7	Puzzle overview: Healthy Me	
	In this Puzzle, children learn about healthy eating, balanced diets and making healthier food choices, including nutritious foods. They explore how to keep safe at home and outside, learning to recognise risks and hazards, and how to respond when something feels unsafe. Across the six Pieces, children develop understanding of medicine safety and how to care for their bodies. They reflect on feelings linked to safety and practise making calm, responsible choices that support wellbeing.	
	Knowledge	Social and emotional skills
	<ul style="list-style-type: none"> I can sort foods into the correct food groups and know which foods my body needs to keep me healthy I can make some healthy snacks and explain why they are good for my body and give me energy I can recognise hazards in my home, including fire risks and hot things, and know how to reduce risks and keep myself safe I can recognise risks and know how to keep safe around roads, railways, and water, and can explain why safety rules help protect me I understand how medicines work in my body and how important it is to use them safely I can explain how to keep my body healthy and safe at home and when I'm out 	<ul style="list-style-type: none"> I have a healthy relationship with food and know which foods I enjoy the most I can express how it feels to share healthy food with my friends I can recognise when I feel worried or unsafe and know to tell an adult straight away I can recognise some of the feelings I get when something feels unsafe and know some ways to manage these to make a safer choice I feel positive about caring for my body and keeping it healthy I can make good choices that help me stay healthy and safe
	Vocabulary	
assess, balanced diet, barriers, body, choices, crossing, dangerous, energy, hazard, healthy, medicines, nutritious, portion, react, risk, risks, safe, scared, stop, drop, roll, unhealthy, unsafe, worry		

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			
Ages 6-7	Balanced diet and healthier food choices	Caring for our bodies	Safety at home – hazards and risks
	<ul style="list-style-type: none"> • What foods help your body stay healthy and strong? • Why is it important to eat a balanced diet? • How does food give your body energy? 	<ul style="list-style-type: none"> • How can healthy choices help your body work well? • What does looking after your body mean? • Why does your body need energy? 	<ul style="list-style-type: none"> • Can you think of things at home that could be dangerous? • How can we reduce risks at home? • Why is it important to tell an adult if you feel unsafe?
	Staying safe outside	Medicine safety and health	Feelings, safety and responsible choices
	<ul style="list-style-type: none"> • What safety rules help keep you safe near roads? • Why do we need to be careful around water or railways? • What should you do if you feel unsafe outside? 	<ul style="list-style-type: none"> • What are medicines used for? • Who can give you medicine safely? • Why should medicines never be taken without an adult? 	<ul style="list-style-type: none"> • How does your body feel when something seems unsafe? • What can you do if you feel worried or scared? • Who can you tell if something doesn't feel right?
Resources and additional support for Families			
<ul style="list-style-type: none"> • NHS Start for Life – guidance and advice on sleep, hygiene, routines and more • Better Health – Healthier Families (NHS) – lots of family resources, activities, food recipes and more • RNLI (Royal National Lifeboat Institution) – activities and interaction games to support learning about water safety • ROSPA Road Safety guides to share with children, including for those with additional needs • Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Healthy Me theme. 			
School-based and local resources (editable box for teachers):			