



Year 1 Puzzle: Healthy Me

British Values	RSE Links	Objectives
Individual Liberty Mutual Respect	Mental Wellbeing Physical Health and Fitness Health and Prevention	<p>Have made a healthy choice: Being Healthy.</p> <ul style="list-style-type: none"> • I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy. • I feel good about myself when I make healthy choices.
Individual Liberty	Mental Wellbeing Physical Health and Fitness Healthy Eating Health and Prevention	<p>Have eaten a healthy, balanced diet: Healthy Choices.</p> <ul style="list-style-type: none"> • I know how to make healthy lifestyle choices. • I feel good about myself when I make healthy choices
Individual Liberty	Mental Wellbeing Physical Health and Fitness Health and Prevention	<p>Have been physically active: Clean and Healthy.</p> <ul style="list-style-type: none"> • 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 I am special so I keep myself safe.
Rule of Law	Mental Wellbeing Physical Health and Fitness Drugs, Alcohol and Tabaco	<p>Have tried to keep themselves and others safe: Medicine Safety.</p> <ul style="list-style-type: none"> • I understand that medicines can help me if I feel poorly and I know how to use them safely. • I know some ways to help myself when I feel poorly.
Rule of Law	Mental Wellbeing Physical Health and Fitness	<p>Know how to be a good friend and enjoy healthy friendships: Road Safety.</p> <ul style="list-style-type: none"> • I know how to keep safe when crossing the road, and about people who can help me to stay safe. • I can recognise when I feel frightened and know who to ask for help.
individual Liberty Mutual Respect	Respectful Relationships Mental Wellbeing Physical Health and Fitness Healthy Eating Health and Prevention	<p>Know how to keep calm and deal with difficult situations: Happy, Healthy Me.</p> <ul style="list-style-type: none"> • I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy. • I can recognise how being healthy helps me to feel happy.