



Jigsaw knowledge and skills progression: Healthy Me – Ages 5-6

Jigsaw, the mindful approach to PSHE is a progressive and spiral scheme of learning. In planning the lessons, Jigsaw PSHE ensures that learning from previous years is revisited and extended, adding new concepts, knowledge and skills, year on year as appropriate. The table below draws out the spiral knowledge and skills progression within the Healthy Me Puzzle (unit of work) including the key vocabulary used in each year group and suggestions for Family Learning.

HM	Knowledge	Social and Emotional Skills	Questions for Family Learning
Ages 5-6	- Know the difference between being healthy and unhealthy - Know some ways to keep healthy - Know how to make healthy lifestyle choices - Know how to keep themselves clean and healthy - Know that germs cause disease / illness - Know that all household products, including medicines, can be harmful if not used properly - Know that medicines can help them if they feel poorly - Know how to keep safe when crossing the road - Know about people who can keep them safe	- Feel good about themselves when they make healthy choices - Realise that they are special - Keep themselves safe - Recognise ways to look after themselves if they feel poorly - Recognise when they feel frightened and know how to ask for help - Recognise how being healthy helps them to feel happy	- Can you give me an example of a healthy / unhealthy choice? - How do you feel when you make a healthy choice? - Can you tell me something that is special about you? - Can I tell you something I think is special about you? - What can you do when you feel poorly? - Can you talk about a time when you felt frightened? - Who can you ask for help when you feel frightened? - How does Jigsaw Jerrie Cat help you to pause in lessons?
In this Puzzle the class talk healthy and unhealthy choices and how these choices make them feel. They talk about hygiene, keeping themselves clean and that germs can make you unwell. The children learn about road safety as well as people who can help them to stay safe.			
Key Vocabulary Healthy, Unhealthy, Balanced, Exercise, Sleep, Choices, Clean, Body parts, Keeping clean, Toiletry items (e.g. toothbrush, shampoo, soap), Hygienic, Safe Medicines, Trust, Safe, Safety, Green Cross Code, Eyes, Ears, Look, Listen, Wait.			