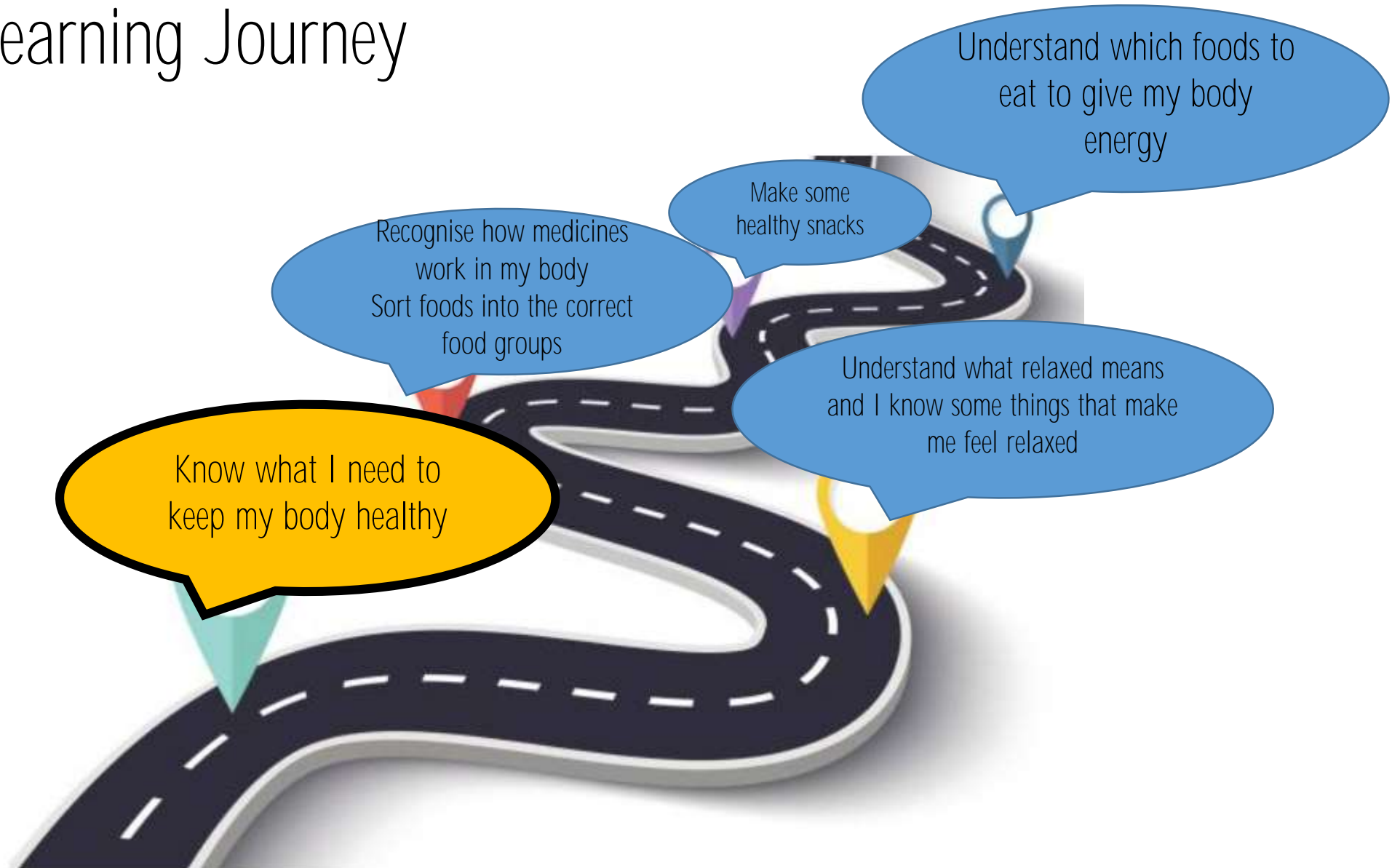


# Our PSHE Learning Journey



## Key vocabulary:

Healthy  
Unhealthy  
Balanced diet  
Nutritious  
Energy  
Fuel  
Portion  
Proportion  
Dangerous  
Medicines  
Safe  
Body

WB Monday 19th February 2024



LQ: Can I understand what I need to keep my body healthy?

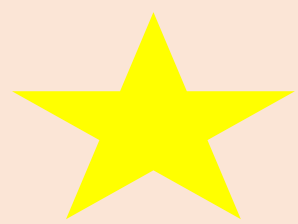
Steps to success

All: I can identify ways to keep my body healthy.

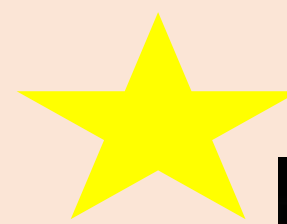
Most: I can explain what being healthy means.

Some: I can make healthy lifestyle choices.





STAR WORDS



healthy choices

lifestyle

motivation

body



Jigsaw!



## The Jigsaw!® Charter



We take turns to speak

We use kind and positive words

We listen to each other

We have the right to pass

We only use names when giving  
compliments or when being positive

We respect each other's privacy  
(confidentiality)



LQ: Can I understand what I need to keep my body healthy?

## *Let's play a game!*

*Play 'Musical Statues':*

When the music is playing, dance and jump around as much as possible.

When the music stops, you have to be as still as possible.

*If you move, you sit down and are 'out'.*





LQ: Can I understand what I need to keep my body healthy?

***Now let's calm our minds and get ready to learn.***

Is your mind calm?  
Does it feel good to be calm and quiet?  
Does your mind feel ready to learn?

Now let us begin.

TP – How does this picture make you feel?



LQ: Can I understand what I need to keep my body healthy?

*Lets have a look at some pictures about healthy choices...*



We are going to make a class list identifying different ways we can keep our bodies healthy.

LQ: Can I understand what I need to keep my body healthy?

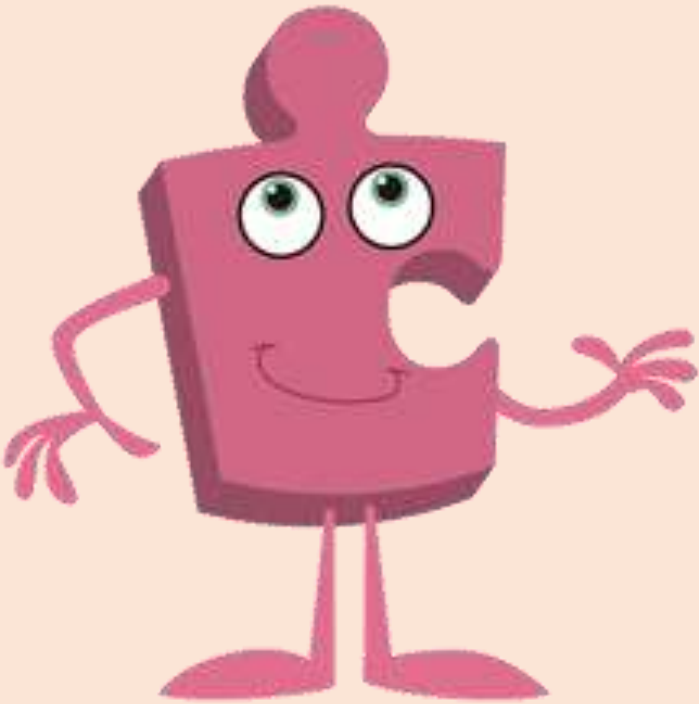
*Let's sing a song!*



Play song here: 



LQ: Can I understand what I need to keep my body healthy?



Jigsaw Jo goes to Judo every week and usually enjoys it. *But one week, it doesn't seem as fun to Jo, who decides to stay at home instead. Jo is a bit tired and can't really be bothered to go out, even though there will be loads of nice people at judo. Jo feels a bit disappointed to miss Judo.*

TP: How might Jo feel when Jo decides to go to Judo?

Have you ever felt like Jo?

Why might Jo not want to go to Judo?

Have you ever felt like not doing something active, even though you have enjoyed it before?

LQ: Can I understand what I need to keep my body healthy?

Staying healthy will help you to feel happier and stronger.



There are lots of things you can do to stay healthy.



You need to eat healthy foods and drink plenty of water. You also need to do lots of exercise and get enough sleep. You need to keep yourself clean, too.

Tell your TP 4 things that keep people healthy.

What does the word motivation mean?

Self - Assessment:

Do you know four ways to keep healthy?



LQ: Can I understand what I need to keep my body healthy?

## Task :

Draw or write suggestions for helping Jigsaw Jo to be more motivated in each of the boxes.

Plenary:  
Discuss ideas as a class. Congratulate children on the different ways they helped Jigsaw Jo to stay motivated and make healthy choices,



**Jigsaw**

**Healthy Me**  
Help Jigsaw Jo - Ages 6-7 - Piece 1

Jigsaw Jo is finding it difficult to stay healthy and is not very motivated.  
Can you think of some ways to help Jo?

Jigsaw Jo doesn't feel like going to dance practice. What could you suggest to help Jo?	Jigsaw Jo doesn't want to eat the apple in the lunchbox. What could you suggest to help Jo?
Jigsaw Jo doesn't want to go to bed on time. What could you suggest to help Jo?	Jigsaw Jo doesn't feel like cleaning teeth. What could you suggest to help Jo?

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Activate Windows  
Go to Settings to activate Windows.

### Self Assessment

Do you understand what to do?

