

Year 3 Jigsaw Puzzle 4 – Healthy Me

What it looked like last year...

- Motivation
- Healthier choices
- Relaxation
- Healthy eating and nutrition
- Healthier snacks and sharing food



What it looks like next year...

- Healthier friendships
- Group dynamics
- Smoking
- Alcohol
- Assertiveness
- Peer pressure
- Celebrating inner strength

Vocabulary (definitions)

| Piece 1 | Piece 2 | Piece 3 | Piece 4 | Piece 5 | Piece 6 |
|-------------------------|------------|----------|----------|----------|------------|
| Oxygen | Energy | Healthy | Safe | Safe | Complex |
| Energy | Calories | Drugs | Anxious | Harmful | Appreciate |
| Calories/ Kilojoules | Kilojoules | Attitude | Scared | Risk | Body |
| Heartbeat | Sugar | | Strategy | Feelings | Healthy |
| Lungs | Fat | | Advice | | Safe |
| Heart | Saturated | | | | Choice |
| Fitness | Fat | | | | Risk |

Sequence of Learning

1. Being Fit and Healthy (S)
2. Being Fit and Healthy (S)
3. What Do I Know About Drugs? (S) (F)
4. Being Safe (S) (F)
5. Safe or Unsafe (S)(F)
6. My Amazing Body (S)



Cultural Capital

- To be able to explain how to keep fit and healthy.
- The real life knowledge that links is: how I can make healthy choices.
- The jobs it can be used in are: all jobs – understanding how to keep healthy while working.
Also: jobs in health, fitness and nutrition.

Key Concept Links

- **Self-Belief and Self-worth (S)**
- **Empathy (E)**
- **Recognising, Understanding, and Managing Feelings. (F)**