



Year 5 Puzzle: Healthy Me

British Values	RSE Links	Objectives
Individual Liberty Mutual Respect Tolerance		Have made a healthy choice: Smoking. <ul style="list-style-type: none"> • I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart. • I can make an informed decision about whether or not I choose to smoke and know how to resist pressure.
Rule of Law Individual Liberty Mutual Respect Tolerance		Have eaten a healthy, balanced diet: Alcohol. <ul style="list-style-type: none"> • I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart. • I can make an informed decision about whether or not I choose to drink alcohol and know how to resist pressure.
Mutual Respect Tolerance		Have been physically active: Emergency Aid <ul style="list-style-type: none"> • I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations. • I know how to keep myself calm in emergencies.
Democracy Individual Liberty Mutual Respect Tolerance		Have tried to keep themselves and others safe: Body Image <ul style="list-style-type: none"> • I understand how the media, social media and celebrity culture promotes certain body types. • I can reflect on my own body image and know how important it is that this is positive and I accept and respect myself for who I am.
Individual Liberty Tolerance		Know how to be a good friend and enjoy healthy friendships: My Relationship with Food. <ul style="list-style-type: none"> • I can describe the different roles food can play in people’s lives and can explain how people can develop eating problems (disorders) relating to body image pressures. • I respect and value my body.
Individual Liberty Tolerance		Know how to keep calm and deal with difficult situations: Healthy Me <ul style="list-style-type: none"> • I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy. • I am motivated to keep myself healthy and happy.