



**Year 6 Puzzle: Healthy Me**

British Values	RSE Links	Objectives
Individual Liberty	Respectful Relationships Being Safe Mental Wellbeing Internet Safety and Harm Physical Health and Fitness Healthy Eating Health and Prevention	<p><b>Have made a healthy choice: Taking responsibility for my health and well-being.</b></p> <ul style="list-style-type: none"> <li>I can take responsibility for my health and make choices that benefit my health and well-being.</li> <li>I am motivated to care for my physical and emotional health.</li> </ul>
Rule of Law Individual Liberty	Being Safe Mental Wellbeing Internet Safety and Harm Healthy Eating Drugs, alcohol and tabaco	<p><b>Have eaten a healthy, balanced diet: Drugs.</b></p> <ul style="list-style-type: none"> <li>I know about different types of drugs and their uses and their effects on the body particularly the liver and heart.</li> <li>I am motivated to find ways to be happy and cope with life's situations without using drugs.</li> </ul>
Rule of Law Individual Liberty Mutual Respect	Families and people who care about us Caring Friendships Being Safe Mental Wellbeing Internet Safety and Harm	<p><b>Have been physically active: Exploitation.</b></p> <ul style="list-style-type: none"> <li>I understand that some people can be exploited and made to do things that are against the law.</li> <li>I can suggest ways that someone who is being exploited can help themselves.</li> </ul>
Individual Liberty Mutual Respect Tolerance	Families and people who care about us Caring Friendships Being Safe Mental Wellbeing Internet Safety and Harm	<p><b>Have tried to keep themselves and others safe: Gangs.</b></p> <ul style="list-style-type: none"> <li>I know why some people join gangs and the risks this involves I can suggest strategies someone could use to avoid being pressurised.</li> </ul>
Individual Liberty	Respectful Relationships Being Safe Mental Wellbeing Internet Safety and Harm Physical Health and Fitness Health and Prevention	<p><b>Know how to be a good friend and enjoy healthy friendships: Emotional and Mental Health.</b></p> <ul style="list-style-type: none"> <li>I understand what it means to be emotionally well and can explore people's attitudes towards mental health/ illness.</li> <li>I know how to help myself feel emotionally healthy and can recognise when I need help with this.</li> </ul>
Tolerance	Respectful Relationships Being Safe Mental Wellbeing Internet Safety and Harm Physical Health and Fitness Health and Prevention	<p><b>Know how to keep calm and deal with difficult situations: Managing Stress and Pressure.</b></p> <ul style="list-style-type: none"> <li>I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse.</li> <li>I can use different strategies to manage stress and pressure.</li> </ul>