




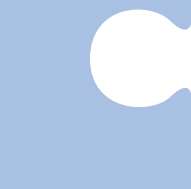


Healthy Me

Puzzle Overview - Year 3

Puzzle 4 Healthy Me	Puzzle Outcome Help me fit together the six pieces of learning about Healthy Me to create 'TheHappy, Healthy Me Recipe Book'	
Pieces		
1. Being Fit and Healthy 	I understand how exercise affects my body and know why my heart and lungs are such important organs	I can set myself a fitness challenge
2. Being Fit and Healthy 	I understand how exercise affects my body and know why my heart and lungs are such important organs	I can set myself a fitness challenge
3. What Do I Know about Drugs? 	I can tell you my knowledge and attitude towards drugs	I can identify how I feel towards drugs
4. Being Safe Assessment Opportunity ★ 	I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help	I can express how being anxious or scared feels
5. Being Safe at Home 	I understand that, like medicines, some household substances can be harmful if not used correctly	I can take responsibility for keeping myself and others safe at home
6. My Amazing Body 	I understand how complex my body is and how important it is to take care of it	I respect my body and appreciate what it does for me