

Newquay Junior Academy – Spring 2 Sequence – PSHE - Healthy Me



YEAR 3

Prior knowledge... know about having a healthy relationship with food and making healthy choices. Know about things that make them feel relaxed and stressed.

YEAR 4

Prior knowledge...

Know why their hearts and lungs are such important organs

Know that the amount of calories, fat and sugar that they put into their bodies will affect their health

YEAR 5

Prior knowledge...

- Know which friends they value most
- Know that there are leaders and followers in groups
- Know that they can take on different roles according to the situation.

YEAR 6

Prior knowledge... Know basic emergency procedures including the recovery position • Know how to get help in emergency situations • Know that the media, social media and celebrity culture promotes certain body types

INTENT

Pupils will... talk about the importance of exercise and how it helps your body to stay healthy; talk about their heart and lungs, discuss what they do and that they are very important; talk about calories, fat and sugar

Pupils will... look at the friendship groups that they are part of, how they are formed, how they have leaders and followers and how they fit into them; are asked to reflect on their friendships, how different people make them feel and which friends they value the most

Pupils will... learn a range of basic emergency procedures (including the recovery position) and learn how to contact the emergency services when needed; look at how body types are portrayed in the media, social media and celebrity culture.

Pupils will... discuss taking responsibility for their own physical and emotional health and the choices linked to this; talk about different types of drugs and the effects these can have on people's bodies; discuss exploitation as well as gang culture and the associated risks

VOCABULARY / STICKY KNOWLEDGE

Oxygen, Energy, Calories / kilojoules, Heartbeat, Lungs, Heart, Fitness, Labels, Sugar, Fat, Saturated fat, Healthy, Drugs, Attitude, Safe, Anxious, Scared, Strategy, Advice, Harmful, Risk, Feelings, Complex, Appreciate, Body, Choice.

- Know how exercise affects their bodies
- Know that there are different types of drugs
- Know that there are things, places and people that can be dangerous
- Know when something feels safe or unsafe

Friendship, Emotions, Healthy, Relationships, Friendship groups, Value, Roles, Leader, Follower, Assertive, Agree, Disagree, Smoking, Pressure, Peers, Guilt, Advice, Alcohol, Liver, Disease, Anxiety, Fear, Believe, Assertive, Opinion, Right, Wrong.

- Know the facts about smoking and its effects on health
- Know the facts about alcohol and its effects on health, particularly the liver
- Know ways to resist when people are putting pressure on them
- Know what they think is right and wrong

Choices, Healthy behaviour, Unhealthy behaviour, Informed decision, Pressure, Media, Influence, Emergency, Procedure, Recovery position, Calm, Levelheaded, Body image, Media, Social media, Celebrity, Altered, Self-respect,

- Know basic emergency procedures, including the recovery position
- Know the health risks of smoking
- Know that the media, social media and celebrity culture
- Know the different roles food can play in people's lives and know that people can develop eating problems/disorders related to body image pressure

Immunisation, Prevention, Drugs, Effects, Motivation, Prescribed, Unrestricted, Over-the-counter, Restricted, Illegal, Volatile substances, 'Legal highs', Exploited, Vulnerable, Criminal, Gangs, Pressure, Strategies, Reputation, Anti-social behaviour, Crime, Mental health,

- Know how to take responsibility for their own health
- Know what it means to be emotionally well
- Know how to make choices that benefit their own health and well-being

SEQUENCE OF LESSONS

1. To decide whether I have made / how to make a healthy choice?
2. To understand what is a healthy, balanced diet.
3. To discuss: What Do I Know About Drugs?
4. To discuss ways of staying safe
5. To discuss whether a choice is safe or unsafe

1. To consider the importance of my friends
2. To discuss group dynamics and roles within a group.
3. To develop our understanding of the impact of smoking
4. To develop our understanding of the impact of alcohol
5. To understand the importance of healthy friendships

1. To develop their understanding of the health implications of smoking
2. To develop their understanding of the health implications of drinking alcohol
3. To practice the basics of emergency first aid
4. To discuss the concept of body image
5. To discuss their relationship with food

1. To develop strategies that help me to taking responsibility for my health and well-being
2. To develop their understanding of the health implications of taking drugs
3. To discuss the concept of exploitation
4. To discuss why people join gangs
5. To discuss our emotional and mental health.

Pupils:

- know why their hearts and lungs

Pupils:

- know which friends they value

Pupils:

- know basic emergency

Pupils:

- know how to take responsibility for

OUTCOME / COMPOSITE

- are such important organs know that the amount of calories, fat and sugar that they put into their bodies will affect their health.

- most know that there are leaders and followers in groups
- know that they can take on different roles according to the situation.

- procedures including the recovery position
- know how to get help in emergency situations Know that the media, social media and celebrity culture promotes certain body types

- their own health
- know how to make choices that benefit their own health and well-being
- know that some people can be exploited and made to do things that are against the law