



# Pinner Wood School



<b>Year Group</b>	5	<b>Term:</b>	Spring 2	<b>Subject</b>	PSHE	<b>Topic</b>	Healthy Me
						<b>Key Question</b>	How do we ensure we keep our mind and body healthy?
<b>Prior Learning and other Curriculum Links</b>	Year 4 - recognising negative feelings in peer pressurising situations Year 3 - how exercise can affect our body Year 6 - Science - Heart circulatory system and keeping healthy				<b>Target Tracker statements (Skills)</b>	<ul style="list-style-type: none"> <li>- I can explain when substances including alcohol are being used antisocially or being misused</li> <li>- I understand the impact substance misuse can have on individuals and others</li> <li>- I can identify and apply skills to keep myself emotionally healthy and to manage stress and pressure</li> </ul>	
<b>Fundamentals</b>	<ul style="list-style-type: none"> <li>- taking personal responsibility</li> <li>- how substances affect the body</li> <li>- exploitation, including "county lines" and gang culture</li> <li>- emotional and mental health</li> <li>- managing stress</li> </ul>				<b>Key Facts/Sticky Knowledge</b>	<ul style="list-style-type: none"> <li>- know how to make choices that can benefit my health and wellbeing</li> <li>- know about different types of drugs, their uses and their effects on the body - particularly liver and heart</li> <li>- Understand anti-social behaviour</li> <li>- First aid, and the recovery position</li> <li>- recognise stress and triggers that celebrities and social media can cause for some body types</li> <li>- name some food disorders</li> <li>- the importance of a positive body image</li> <li>- healthy food relationships</li> </ul>	
<b>Our Curriculum Journey</b>	<p><b>Journey:</b> This unit begins with the children thinking about the responsibilities they have in looking after their health and their bodies. They explore the risks and side effects of smoking and alcohol abuse and tough on anti-social behaviour. The children will then explore first aid, emergency scenarios and practise the recovery position. The children will explore how the media, social media and celebrity culture promotes certain body types and learn that it is important to have a positive body image. The children will explore healthy and unhealthy relationships with food and will create healthy body</p>						

	<p>recipes to include exercise and healthy food. The children will finish the unit on a debate showcasing all they have learnt about healthy food and healthy body.</p>		
<p><b>Key Vocabulary (revisited)</b></p>	<p>Media pressure, choices, influences, recovery position, level headed, procedure, emergency, body image, social media, self-respect, healthy life style</p>	<p><b>Key Vocabulary (new)</b></p>	<p>Responsibility, choice, debate, opinion, fact, choices healthy lifestyle, motivation, Body image, Eating problem Eating disorder, Respect, Pressure, Celebrity, Altered Self-respect, Comparison, Emergency, Procedure, Recovery position, Calm, Level-headed, Choices, Healthy behaviour, Unhealthy behaviour, Informed decision, Pressure, Media, Influence</p>