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| Learning objectives  PSHE Learning Intention | Key Vocabulary  Choices  Healthy behaviour  Pressure  Emergency  Calm  Social media  Respect  Body image  Motivation | Info |
| I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.  I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart  I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations  I understand how the media, social media and celebrity culture promotes certain body types  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 know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy | Friendships  Emotions  Healthy  Relationships  Leader  Follower  Assertive  Pressure  Fear  Anxiety | This topic promotes the need for healthy eating and a balanced diet and making healthy choices. It discusses the difference between safe and unsafe drugs. It promotes children to be physically active, how to keep themselves and others safe. The unit covers how to be a good friend and enjoy healthy friendships as well as knowing how to keep calm and deal with difficult situations  Pieces:   1. Smoking 2. Alcohol 3. Emergency Aid 4. Body Image 5. My Relationship with Food 6. Healthy Me |
| Social and emotional development learning intention | Activities, books and songs |
| I can make an informed decision about whether or not I choose to smoke and know how to resist pressure  I can make an informed decision about whether or not I choose to drink alcohol and know how to resist pressure  I know how to keep myself calm in emergencies  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  I respect and value my body  I am motivated to keep myself healthy and happy | **Books**  I’ll do it  We are all Born Free  **Songs**  Make A Good Decision  If I were a butterfly  **Activities**  Children to create a ‘Happy, Healthy Me Recipe Book’ children to work as a team to think of ways to look after themselves, their mind and body. |

**Year 5 Spring 2 PSHE – Healthy Me**