

Pioneer Federation

PSHE

MTP Cycle 2 Term 4 Y3/4



Subject: **PSHE**

Key Concept/ Theme: **HEALTHY ME**

School specific areas to cover (Add in any local areas of study, trips and people) **The essential skills builder of speaking, listening, staying positive and problem solving all support this topic**



1. **Prior learning reconnection (year group, cycle & term):**

Deeper learning question – MY FRIENDS AND ME – Can I identify the feelings I have about my friends and my different friendship groups?

LO: I can recognise how different friendship groups are formed, how I fit into them and the friends I value the most.

Vocabulary – Friendships, Emotions, Healthy, Relationships, Friendship groups, Value

Activity/lesson slides – login using Pioneer passwords emailed.

U/N – East Hoathly

P/W – Jigsaw23!

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2. **Prior learning reconnection (year group, cycle & term)**

Deeper learning question - GROUP DYNAMICS – Am I aware of how different people and groups impact on me?

LO: I understand there are people who take on the roles of leaders or followers in a group, and I know the role I take on in different situations.

Vocabulary – Friendship groups, Roles, Leader, Follower, Assertive, Agree/disagree

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<https://jigsawpshe.online/materials/pshe-primary/ages-8-9/healthy-me/2-group-dynamics/>

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3	<p>Prior learning reconnection (year group, cycle & term):</p> <p>Deeper learning question — SMOKING – Can I recognise negative feelings in peer pressure situations. Can I resist pressure from myself and others?</p> <p>LO: I can understand the facts about smoking and its effects on health.</p> <p>Vocabulary – <i>Smoking, Vaping, Pressure, Peers, Guilt, Advice</i></p> <p>Activity/lesson slides – login using Pioneer passwords emailed. U/N – East Hoathly P/W – Jigsaw23!</p> <p>https://jigsawpshe.online/materials/pshe-primary/ages-8-9/healthy-me/3-smoking/</p>
4	<p>Prior learning reconnection (year group, cycle & term):</p> <p>Deeper learning question – ALCOHOL - Can I recognise negative feelings in peer pressure situations. Can I resist pressure from myself and others?</p> <p>LO I understand the facts about alcohol and its effects on health. particularly the liver?</p> <p>Vocabulary <i>Alcohol, Liver, Disease</i></p> <p>Activity/lesson slides – login using Pioneer passwords emailed. U/N – East Hoathly P/W – Jigsaw23!</p> <p>https://jigsawpshe.online/materials/pshe-primary/ages-8-9/healthy-me/4-alcohol/</p>
5	<p>Prior learning reconnection (year group, cycle & term):</p> <p>Deeper learning question – HEALTHY FRIENDSHIPS – Can I identify feelings of anxiety and fear associated with peer pressure?</p> <p>LO: I can recognise when people are putting me under pressure and I can explain ways to resist this when I want.</p>

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	<p>Vocabulary <i>Pressure,</i> <i>Fear</i> <i>Peers,</i> <i>Anxiety</i></p> <p>Activity/lesson slides – login using Pioneer passwords emailed. U/N – East Hoathly P/W – Jigsaw23!</p> <p>https://jigsawpshe.online/materials/pshe-primary/ages-8-9/healthy-me/5-healthy-friendships/</p>
6	<p>Prior learning reconnection (year group, cycle & term):</p> <p>Deeper learning question — CELEBRATING MY INNER STRENGTH AND ASSERTIVENESS – can I tap into my inner strength and know how to be assertive?</p> <p>LO: I know myself well enough to have a clear picture of what I believe is right and wrong</p> <p>Vocabulary – <i>Believe, Assertive, Opinion, Right, Wrong</i></p> <p>Activity/lesson slides – login using Pioneer passwords emailed. U/N – East Hoathly P/W – Jigsaw23!</p> <p>https://jigsawpshe.online/materials/pshe-primary/ages-8-9/healthy-me/6-celebrating-my-inner-strength-and-assertiveness/</p>
<p>End Points:</p> <p>Reflections for this unit</p> <ul style="list-style-type: none">• Can I make healthy choices?• What can impact my physical health?• Can I keep myself and others safe?• Can I be a good friend?• Can I keep calm and deal with friendship situations?	

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Evaluation:

Please download the following document from the link below at the end of the unit and populate for your cohort. This will offer a summative assessment of the unit. A few notes will suffice.

<https://jigsawlivescmsuk.blob.core.windows.net/umbraco-media/bzqeyzoo/age-8-9-3-dg-sa-form.pdf>