

# Pioneer Federation

## PSHE

### MTP Cycle 2 Term 3 Y5/6



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**



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| 1. | <p><b>Prior learning reconnection (year group, cycle &amp; term):</b></p> <p><b>Deeper learning question –TAKING RESPONSIBILITY FOR MY HEALTHY AND WELLBEING – Am I motivated to care for my physical and emotional health?</b></p> <p><b>LO:</b> I can take responsibility for my health and make choices that benefit my health and well-being</p> <p><b>Vocabulary –</b><i>Responsibility, Choice, Immunisation, Prevention</i></p> <p><b>Activity/lesson slides – login using Pioneer passwords emailed.</b></p> <p><b>U/N East Hoathly</b></p> <p><b>P/W Jigsaw23!</b></p> <p><b><a href="https://jigsawpshe.online/materials/pshe-primary/ages-10-11/healthy-me/1-taking-responsibility-for-my-health-and-well-being/">https://jigsawpshe.online/materials/pshe-primary/ages-10-11/healthy-me/1-taking-responsibility-for-my-health-and-well-being/</a></b></p> |
| 2. | <p><b>Prior learning reconnection (year group, cycle &amp; term):</b></p> <p><b>Deeper learning question – DRUGS - Am I motivated to find ways to be happy and cope with life's situations without using drugs?</b></p> <p><b>LO:</b> I know about different types of drugs, their uses and their effects on the body.</p> <p><b>Vocabulary –</b> <i>Drugs, Effects, Motivation, Prescribed, Unrestricted, Over-the-counter, Restricted, Illegal, Volatile substances, Synthetic highs</i><br/><i>New psychoactive substances</i></p> <p><b>Activity/lesson slides – login using Pioneer passwords emailed.</b></p> <p><b>U/N East Hoathly</b></p> <p><b>P/W Jigsaw23!</b></p>  |

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|   | <p><a href="https://jigsawpshe.online/materials/pshe-primary/ages-10-11/healthy-me/2-drugs/">https://jigsawpshe.online/materials/pshe-primary/ages-10-11/healthy-me/2-drugs/</a></p>   |
| 3 | <p>Prior learning reconnection (year group, cycle &amp; term):</p> <p>Deeper learning question – <b>EXPLOITATION</b> – Can I suggest ways that someone who is being exploited can help themselves?</p> <p>LO: I understand that some people can be exploited and made to do things that are against the law</p> <p>Vocabulary – <i>Exploited, Vulnerable, Drugs, Criminal, Illegal, Gangs</i></p> <p>Activity/lesson slides – login using Pioneer passwords emailed.<br/>U/N East Hoathly<br/>P/W Jigsaw23!</p> <p><a href="https://jigsawpshe.online/materials/pshe-primary/ages-10-11/healthy-me/3-exploitation/">https://jigsawpshe.online/materials/pshe-primary/ages-10-11/healthy-me/3-exploitation/</a></p> |
| 4 | <p>Prior learning reconnection (year group, cycle &amp; term):</p> <p>Deeper learning question – <b>GANGS</b>- Can I suggest strategies someone could use to avoid being pressurised?</p> <p>LO: I know why some people join gangs and the risks this involves</p> <p>Vocabulary – <i>Gang, Pressure, Strategies, Reputation, Anti-social behaviour, Crime, Illegal</i></p> <p>Activity/lesson slides – login using Pioneer passwords emailed.<br/>U/N East Hoathly<br/>P/W Jigsaw23!</p> <p><a href="https://jigsawpshe.online/materials/pshe-primary/ages-10-11/healthy-me/4-gangs/">https://jigsawpshe.online/materials/pshe-primary/ages-10-11/healthy-me/4-gangs/</a></p>                                     |
| 5 | <p>Prior learning reconnection (year group, cycle &amp; term):</p> <p>Deeper learning question – <b>EMOTIONAL AND MENTAL HEALTH</b> – Do I know how to help myself feel emotionally healthy and can recognise when I need help with this?</p>  |

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|   | <p><b>LO:</b> I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness</p> <p><b>Vocabulary</b> – <i>Mental health, Emotional health, Mental illness, Symptoms</i></p> <p><b>Activity/lesson slides</b> – login using Pioneer passwords emailed.<br/>U/N East Hoathly<br/>P/W Jigsaw23!</p> <p><a href="https://jigsawpshe.online/materials/pshe-primary/ages-10-11/healthy-me/5-emotional-and-mental-health/">https://jigsawpshe.online/materials/pshe-primary/ages-10-11/healthy-me/5-emotional-and-mental-health/</a></p>   |
| 6   | <p><b>Prior learning reconnection (year group, cycle &amp; term):</b></p> <p><b>Deeper learning question</b> – <b>MANAGING STRESS AND PRESSURE</b> – <i>Can I use different strategies to manage stress and pressure?</i></p> <p><b>LO:</b> I can recognise stress and the triggers that cause this.</p> <p><b>Vocabulary</b> – <i>Stress, Triggers, Strategies, Managing Stress, Pressure</i></p> <p><b>Activity/lesson slides</b> – login using Pioneer passwords emailed.<br/>U/N East Hoathly<br/>P/W Jigsaw23!</p> <p><a href="https://jigsawpshe.online/materials/pshe-primary/ages-10-11/healthy-me/6-managing-stress-and-pressure/">https://jigsawpshe.online/materials/pshe-primary/ages-10-11/healthy-me/6-managing-stress-and-pressure/</a></p> |
| <p><b>End Points:</b></p> <p><b>Reflections</b> for this unit</p> <ul style="list-style-type: none"><li>• Can I identify and apply skills to keep myself emotionally healthy and to manage stress and pressure?</li></ul>   |  |
| <p><b>Evaluation:</b> What have the end of unit quizzes, pupil self-reflections and termly work told you about what the children can remember and recall? What are the gaps? Ensure that the areas that need further reinforcement are documented in the next subject unit MTP. <b>Plan in time to revisit gaps within units, determined by the quizzes.</b></p> <ul style="list-style-type: none"><li>• Here is a summative template which is new to Jigsaw. Please cut and paste this link, download and populate the furthest right hand side column for a summative assessment of the unit.</li></ul> |  |

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<https://jigsawlivescmsuk.blob.core.windows.net/umbraco-media/5lhei3x3/age-10-11-3-dg-sa-form.pdf>