


Pioneer Federation
PSHE
MTP Cycle 1 Term 4 Y5/6

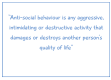




Subject: PSHE –	
Key Concept/ Theme: HEALTHY ME!	
Prior Learning links: Previous years sequence of Healthy me	
Overview of learning and resources – follow the pathway below G:\Shared drives\Pioneer Staff Shared\Subject Leadership & Curriculum Areas\MHWP, Thrive, PSHE & JIGSAW resources\Year 5\4. Healthy 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.	<p>Prior learning reconnection (year group, cycle & term): See previous cycle 2 T4</p> <p>Deeper learning question – SMOKING – CAN I MAKE A HEALTHY CHOICE?</p> <p>LO: I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.</p> <p>Vocabulary – choices, healthy behaviour, unhealthy behaviour, informed decision</p> <p>Activity/lesson slides – login using Pioneer passwords emailed.</p> <p></p>
2.	<p>Prior learning reconnection (year group, cycle & term): See previous cycle 2 T4</p> <p>Deeper learning question – ALCOHOL? – CAN I MAKE A HEALTHY CHOICE?</p> <p>LO: I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart</p>

Pioneer Federation

PSHE

MTP Cycle 1 Term 4 Y5/6

	<p>Vocabulary – choices, healthy behaviour, unhealthy behaviour, informed decision</p> <p>Activity/lesson slides – login using Pioneer passwords emailed.</p> 
3	<p>Prior learning reconnection (year group, cycle & term): See previous cycle 2 T4</p> <p>Deeper learning question – DO I KNOW WHAT TO DO IN AN EMERGENCY?</p> <p>LO: I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations</p> <p>Vocabulary – procedure, recovery position, emergency, calm</p> <p>Activity/lesson slides – login using Pioneer passwords emailed.</p> 
4	<p>Prior learning reconnection (year group, cycle & term): See previous cycle 2 T4</p> <p>Deeper learning question – POSITIVE BODY IMAGE – HOW CAN YOU ACCEPT YOURSELF AND KEEP YOURSELF SAFE?</p> <p>LO: I am aware of how the media, social media and celebrity culture promotes certain body types</p> <p>Vocabulary – body image, media, altered, self respect</p> <p>Activity/lesson slides – login using Pioneer passwords emailed.</p> 

Pioneer Federation

PSHE

MTP Cycle 1 Term 4 Y5/6

5

Prior learning reconnection (year group, cycle & term): See previous cycle 2 T4

Deeper learning question – RELATIONSHIP WITH FOOD – CAN YOU RESPECT AND VALUE YOUR BODY?

LO: I can describe the different roles food can play in people's lives. I can explain how people can develop eating problems (disorders) relating to body image pressures.

Vocabulary – eating problem, self respect, healthy choices

Activity/lesson slides – login using Pioneer passwords emailed.



6

Prior learning reconnection (year group, cycle & term): See previous cycle 2 T4

Deeper learning question – WHAT DO I NEED TO BE AWARE OF TO STAY HEALTHY?

LO: I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy

Vocabulary – motivation, awareness, mental and physical wellbeing

Activity/lesson slides – login using Pioneer passwords emailed.



End Points:

Reflections

- Can I make an informed decision about whether or not I choose to smoke / 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
- Am I able to respect and value my own body?

Pioneer Federation

PSHE

MTP Cycle 1 Term 4 Y5/6

- Am I motivated to keep myself healthy and happy?

Evaluation: 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. **Plan in time to revisit gaps within units, determined by the quizzes.**

- **Download and complete this impact review for your class on this topic area.**
- [age-7-8-1-bm-sa-form.pdf \(jigsawlives.com.uk\)](https://www.jigsawlives.com.uk/age-7-8-1-bm-sa-form.pdf)