



Shadsworth Junior School



Curriculum

Year 5 Scheme of Work

Term: Spring 2

Topic: PSHE

Key Skills and Knowledge:

Healthy Me

- I can give some reasons why people may worry about how they look, and I can describe healthy and unhealthy ways that people use food and substances in their lives.
- I can tell you why my body is good the way it is.
- I can explain different roles that food and substances can play in people's lives.
- I can also explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy.
- I can summarise different ways that I respect and value my body.
- I can evaluate the different roles food and substances can play in people's lives.
- I can also justify the potential health risks associated with pressures about body image, unhealthy relationships with food, smoking and alcohol misuse.
- I respect and value my body and health, and can consider the part this plays in maintaining my self confidence

Reading and Writing Opportunities (Long and Short Activities)

Creative Ideas and Hooks

- Discuss/ research how smoking is portrayed in the media and how this can lead to pressurising people to take up smoking.
- Listen to a story around the misuse of alcohol. Have a discussion and create an alternative ending.
- Learn the recovery position and practise in pairs. Look at emergency scenarios and create a story board to show how it could be resolved.
- Look and compare photo shopped images of celebrities to the real thing. Use to facilitate a discussion around self-image. Read negative comments someone has made about themselves. Children are to come up with positive responses.
- Discuss food adverts and if they help people with their self-image. Create a recipe for a healthy body image.
- Debate if social media and the media today help people create healthy life-styles.

Links to PSHCE, Equality and British Values Work

Mutual Respect – Understand how some people have a negative view of themselves and their body.

Individual liberty – Sharing their ideas on why someone may worry about the way they look and what they like about their bodies.

Rule of law – understanding laws around the advertising of junk food and selling of unhealthy foods. Rules around the use of social media.

Tolerance of others beliefs – Listening to the ideas of others when working as part of a group or in discussion.

Democracy – – Sharing their thoughts and ideas with others when debating/ discussing ideas.

Key Vocabulary:

Resources Available / Visits/Visitors

Useful Websites:

| | |
|---------------------|-------------------|
| Choices | Body image |
| Social media | Celebrity |
| Altered | Self-respect |
| Comparison | Calm |
| Healthy behaviour | Media |
| Unhealthy behaviour | Procedure |
| Informed decision | Eating disorder |
| Pressure | Debate |
| Emergency | opinion |
| fact | Recovery position |

Jigsaw PSHE Scheme

www.jigsawpshe.com

Previous knowledge:

I can recognise when people are putting me under pressure and can explain ways to resist this when I want to.

I can identify feelings of anxiety and fear associated with peer pressure.