



# Shadsworth Junior School



## Curriculum

### Year 6 Scheme of Work

Term: Spring 2

Topic: PSHE- Healthy Me

#### Key Skills and Knowledge:

- I can take responsibility for my health and make choices that benefit my health and well-being
- I know about different types of drugs and their uses and their effects on the body particularly the liver and heart
- I can suggest ways that someone who is being exploited can help themselves
- I know why some people join gangs and the risks this involves
- I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness
- I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse.

#### Reading and Writing Opportunities (Long and Short Activities)

##### Creative Ideas and Hooks

- Role play as an 'agony aunt'.
- Read 'real life' stories of chn who have been part of gangs. Chn to colour code (using highlighters) the 'danger points' and the 'choice points' in the story.
- Sorting games to challenge stereotypes, e.g. 'gangs are...'
- Create wellness journals where chn can add 'tips' or strategies to if they find something that helps them regulate their emotions.
- Create cube for physical and mental strategies someone could use when they are feeling stressed or under pressure.

#### Links to PSHCE, Equality and British Values Work

Mutual Respect – Appreciating how others may feel when responding as an agony aunt or identifying feelings in scenarios.

Rule of law- understanding the laws around drug use.

Individual liberty – Making choices around strategies they would use to solve potential health issues.

Tolerance of others beliefs – Listening to another person's point of view.

#### Key Vocabulary:

#### Resources Available / Visits/Visitors

#### Useful Websites:

Responsibility  
Choice  
Immunisation  
Prevention  
Drugs  
Effects  
Motivation  
Prescribed  
Unrestricted  
Over-the-counter  
Restricted  
Illegal  
Mental health  
Emotional health  
Mental illness

Exploited  
Vulnerable  
Drugs  
Criminal  
Illegal  
Gangs  
Pressure  
Strategies  
Reputation  
Anti-social  
behaviour  
Crime  
Symptoms

Jigsaw PSHE Scheme

[www.jigsawpshe.com](http://www.jigsawpshe.com)

#### Previous Knowledge:

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.