



# Shadsworth Junior School



## Curriculum

| Year 5 Scheme of Work                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                               |
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| Term: Spring 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                   | Topic: PSHE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                               |
| Key Skills and Knowledge:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                               |
| <u>Healthy Me</u> <ul style="list-style-type: none"><li>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.</li><li>I can tell you why my body is good the way it is.</li><li>I can tell you that some online content might make people feel bad about themselves.</li><li>I can explain different roles that food and substances can play in people’s lives.</li><li>I can explain why some online content is designed to influence how I feel about myself and how I can respond to this</li></ul>                                          |                   | <ul style="list-style-type: none"><li>I can summarise different ways that I respect and value my body.</li><li>I can evaluate the different roles food and substances can play in people’s lives.</li><li>I know about potential health risks associated with pressures about body image, unhealthy relationships with food, smoking and alcohol misuse.</li><li>I recognise how online content can manipulate emotions and body image, and justify strategies to protect my wellbeing</li><li>I respect and value my body and health, and can consider the part this plays in maintaining my self confidence</li></ul> |                                                                                                               |
| Reading and Writing Opportunities (Long and Short Activities)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                               |
| Creative Ideas and Hooks                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                               |
| <ul style="list-style-type: none"><li>Quiz on smoking/ vaping. Discuss/ research how smoking/ vaping is viewed in society.</li><li>Listen to a story around the misuse of alcohol. Have a discussion and create an alternative ending.</li><li>Learn the recovery position and practise in pairs. Look at emergency scenarios and create a story board to show how it could be resolved.</li></ul>                                                                                                                                                                                                                                                            |                   | <ul style="list-style-type: none"><li>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.</li><li>Discuss food adverts and if they help people with their self-image. Create a recipe for a healthy body image.</li><li>Debate if social media and the media today help people create healthy life-styles.</li></ul>                                                                                                                   |                                                                                                               |
| Links to PSHCE, Equality and British Values Work                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                               |
| <p><b>Mutual Respect</b> – Understand how some people have a negative view of themselves and their body.</p> <p><b>Individual liberty</b> – Sharing their ideas on why someone may worry about the way they look and what they like about their bodies.</p> <p><b>Rule of law</b> – understanding laws around the advertising of junk food and selling of unhealthy foods. Rules around the use of social media.</p> <p><b>Tolerance of others beliefs</b> – Listening to the ideas of others when working as part of a group or in discussion.</p> <p><b>Democracy</b> – – Sharing their thoughts and ideas with others when debating/ discussing ideas.</p> |                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                               |
| Key Vocabulary:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                   | Resources Available / Visits/Visitors                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Useful Websites:                                                                                              |
| Choices                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Body image        | Jigsaw PSHE Scheme                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | www.jigsawpshe.com                                                                                            |
| Social media                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Celebrity         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <u>Previous knowledge:</u>                                                                                    |
| Altered                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Self-respect      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | I can recognise when people are putting me under pressure and can explain ways to resist this when I want to. |
| Comparison                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Calm              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | I can identify feelings of anxiety and fear associated with peer pressure.                                    |
| Healthy behaviour                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Media             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                               |
| Unhealthy behaviour                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Procedure         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                               |
| Informed decision                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Eating disorder   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                               |
| Pressure                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Debate            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                               |
| Emergency                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | opinion           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                               |
| vaping                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Recovery position |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                               |