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| **Subject: Personal Development; Healthy Me Year A: Phase 2** *NB The statutory and non-statutory objectives are continuously revisited in a spiral curriculum using Jigsaw toolkit. Within themed topic’s we teach objectives discreetly in MTP’s whilst revisiting in outline previously taught objectives. For the purpose of this MTP we are emphasising the following objectives that pupils should be taught;***RSHE Statutory Guidance**Caring Friendships 2a-eRespectful Relationships 3a-hOnline Safety 4b-eBeing Safe 5a,d-hMental Well-Being 6a-jInternet Safety 7a,c-e,gPhysical Health 8a-dHealthy Eating 9a-cDrugs, Alcohol &Tobacco 10aHealth and Prevention11c**Non Statutory Guidance Citizenship KS2**Developing confidence and responsibility and making the most of their abilities 1a-cPreparing to play an active role as citizens 2kDeveloping a healthy, safer lifestyle 3a,d,f-gDeveloping good relationships and respecting the difference between people 4a-gBreadth of Opportunities 5a-h |
| **Prior Learning (what pupils already know and can do)**Know what is meant by healthy eating and name some healthy foodsKnow what are healthy life style choices and how to keep healthyKnow how to be medically safeKnow that mental health is as important as physical health and it is normal to do so Know how some ways to help your mental health; physical exercise, asking for help and advice Know what digital media is; website, videos , games  |
| **End Points (what pupils MUST know and remember)**Know what makes a healthy relationshipKnow the negative effects of smoking and alcohol on their bodiesKnow how to be assertive and when to use themKnow how to celebrate their strengthsKnow that exercise helps with physical fitnessKnow what peer pressure is and how to resist it Know how to recognise their emotional triggers Know that there is fake news on digital platforms and what to do about it  |
| Key Vocabulary to teach each session; respectful, emergency, dynamics in relationships, peer pressure, leader follower, assertiveness, healthier friendships, attitudes, safe choices, calories, food groups fat, sugar, protein, carbohydrates |
| **Session 1:** **Being Fit and Healthy. H**ealthy life style; exercise effects my body, lungs heart, etc, Food and calories, talk about body and how important it is to take care of it**Healthy Me Units 1**  |
| **Session 2: Being Fit and Healthy**. I know about the amount of calories fat and sugar I put into my body will affect my health.Children understand what it means to make a healthy choice.**Healthy Me Unit 1** |
| **Session 3:** Explore facts on smoking and knowledge, attitudes to drugs and alcohol; Effects on the body Liver, lung. Explore reasons why people smoke and drink**Healthy Me Units 1**  |
| **Session 4:** Keeping safe; Talk about people places that need I need to keep safe from. Explore feeling safe and unsafe. Strategies to help you keep safe. Talk about friendship groups and how they are formed, where I fit and who I value **Healthy Me Units 1**  |
| **Session 5:** My Amazing Body. Children understand how complex the body is and how important it is to take care of it. Learn how to respect their body and appreciate what it does for them.  **Healthy Me Units 1**  |
| **Session 6 Mental Health;** Children learn about what is meant by mental health and wellbeing. Explore what can help their mental health; healthy life style, food choices exercise. They learn how to get better at recognising theirs and others emotions and triggers and consequences. They learn the appropriateness of what they are feeling and is it proportionate. They learn how bullying can have a lasting and often negative impact on mental health. Explore feelings of isolation and loneliness and why it’s important to talk about it. |
| **Session 7 Digital Media** Children explore common digital media e.g. social media platforms, mobile media applications, electronic mail, and blogs; Learn to appreciate that not all information on line is true. |