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| **Subject: Personal Development; Healthy Me Year A: Phase 3**  *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**  Mental Health 6a-j  Internet Safety 7b-d, f,g  Physical Health 8a-d  Drugs, Alcohol & Tobacco 10a  **Non Statutory Guidance Citizenship KS2**  Developing confidence and responsibility and making the most of their abilities 1a-c  Preparing to play an active role as citizens 2a, e-f, k  Developing a healthy , safer lifestyle 3a,d,e  Developing good relationships and respecting the difference between people 4a,g  Breadth of Opportunity 5a-i |
| **Prior Learning (what pupils already know and can do)**  Know what is meant by healthy eating and name some healthy foods  Know what are healthy life style choices and how to keep healthy  Know how to be medically safe  Know 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 the health risks of smoking; It can damage lungs and cause cancer  Know some of the risks with miss using alcohol; anti- social behaviour, come to harm  Know and do basic emergency procedures  Know that media can promote certain body images and this can be unhealthy  Know that for a healthy life style, you need healthy eating  Know about drugs and they can effect and harm my body  Know what mental illness means and we need to look after mental health as it is important  Know that information shared through digital media has benefits and risks |
| Key Vocabulary to teach each session; mental health, emergency, drugs, alcohol, illness, peer pressure, safe choices |
| **Session 1:** Risks of smoking Look at effects your body and behaviour, know what is an unhealthy life style and what makes a healthy life style . Know how tobacco can affect the lungs, liver and heart.  **Healthy Me Units 1** |
| **Session 2:** Risks of misuse of alcohol. Look at effects your body and behaviour, know what is an unhealthy life style and what makes a healthy life style Know the risks leading to anti-social behaviour and how it affects the lungs, liver and heart.  **Healthy Me Units 1** |
| **Session 3:** Know how to activate emergency procedures and call for help in emergency situations. Understand about body image and social media and the different roles food can play in people’s lives and how people develop eating disorders.  **Healthy Me Units 1** |
| **Session 4:** Body Image. Understand how social media, the media and celebrity culture promotes certain body images. Can reflect on their own body image and know how important it is to be positive and accept and respect themselves.  **Healthy Me Units 1** |
| **Session 5:** Relationships with food: Can describe the different role food can play in a person’s life and explain how this can lead to developing eating problems (disorders) relating to body image and pressures.  **Healthy Me Units 1** |
| **Session 6 Mental Health:** Children learn to judge whether what they are feeling and behaving is appropriate or not. Explore the theme of what is meant my mental ill health and how it’s important to ask for help about own or others. Explore what can help your mental health; how being a part of a community can help wellbeing; Friendships, groups, wider organisations; voluntary, national. |
| **Session 7 : County Lines ; Understand the role that County lines has to play and what ‘grooming’ is. Watch** [Which Side of The Tracks? (youtube.com)](https://www.youtube.com/watch?v=OWnwORr4Qto)  Discuss what role each other has to play in county lines and how this can stop crimes and other offenses being committed. Know how important it is to speak out and notice the signs around you. |