

Curriculum 2022-24

Subject: PSHE/RSHE Theme: Healthy Me			
Year Group	Knowledge	Social & Emotional Skills	Outcome – The healthy, happy me recipe book
Y3/4 A (2023-24) (Jigsaw 8-9)	<ul style="list-style-type: none"> • Know how different friendship groups are formed and how they fit into them • Know which friends they value most • Know that there are leaders and followers in groups • Know that they can take on different roles according to the situation • Know the facts about smoking and its effects on health • Know some of the reasons some people start to smoke • Know the facts about alcohol and its effects on health, particularly the liver • Know some of the reasons some people drink alcohol • Know ways to resist when people are putting pressure on them • Know what they think is right and wrong 	I can identify the feelings that I have about my friends and different friendship groups I can recognise how different people and groups I interact with impact on me I can identify which people I most want to be friends with I can recognise negative feelings in peer pressure situations I can identify the feelings of anxiety and fear associated with peer pressure I can tap into my inner strength and know how to be assertive	In response to a scenario, children write instructions for Ella-May and Jackson so they can be more assertive in their situation.
Y3/4 B (2022-23) (Jigsaw 7-8)	<ul style="list-style-type: none"> • Know how exercise affects their bodies • Know why their hearts and lungs are such important organs • Know that the amount of calories, fat and sugar that they put into their bodies will affect their health • Know that there are different types of drugs 	I can set themselves a fitness challenge I can recognise what it feels like to make a healthy choice I can identify how I feel about drugs I can express how being anxious or scared feels I can take responsibility for keeping myself and others safe	Children design and create an infographic for children of their own age providing information about keeping healthy and safe

	<ul style="list-style-type: none"> • Know that there are things, places and people that can be dangerous • Know a range of strategies to keep themselves safe • Know when something feels safe or unsafe • Know that their bodies are complex and need taking care of 	I can respect my own body and appreciate what they do	
Y5/6 A (2023-24) (Jigsaw 9-10)	<ul style="list-style-type: none"> • Know the health risks of smoking • Know how smoking tobacco affects the lungs, liver and heart • Know some of the risks linked to misusing alcohol, including antisocial behaviour • Know basic emergency procedures including the recovery position • Know how to get help in emergency situations • Know that the media, social media and celebrity culture promotes certain body types • Know the different roles food can play in people's lives and know that people can develop eating problems / disorders related to body image pressure • Know what makes a healthy lifestyle 	<p>I can make informed decisions about whether or not I choose to smoke when they are older</p> <p>I can make informed decisions about whether I choose to drink alcohol when they are older</p> <p>I can recognise strategies for resisting pressure</p> <p>I can identify ways to keep myself calm in an emergency</p> <p>I can reflect on their own body image and know how important it is that this is positive</p> <p>I can accept and respect myself for who I am</p> <p>I can respect and value my own bodies</p> <p>I can be motivated to keep myself healthy and happy</p>	Class debate on whether the media and social media helps people to live a healthy lifestyles

<p>Y5/6 B (2022-23) (Jigsaw 10-11)</p>	<ul style="list-style-type: none"> • Know how to take responsibility for their own health • Know how to make choices that benefit their own health and well-being • Know about different types of drugs and their uses • Know how these different types of drugs can affect people's bodies, especially their liver and heart • Know that some people can be exploited and made to do things that are against the law • Know why some people join gangs and the risk that this can involve • Know what it means to be emotionally well • Know that stress can be triggered by a range of things • Know that being stressed can cause drug and alcohol misuse 	<p>I am motivated to care for my own physical and emotional health I am motivated to find ways to be happy and cope with life's situations I can identify ways that someone who is being exploited could help themselves I can suggest strategies someone could use to avoid being pressured I can recognise that people have different attitudes towards mental health / illness I can use different strategies to manage stress and pressure</p>	<p>Children create self-help cubes/dice which can be rolled and provide ways of helping ourselves when feeling stressed or under pressure</p>
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