



Year 5/6 Spring 1 Jigsaw Healthy me

|   |   |  |  |   |   |
|---|---|--|--|---|---|
| Prior Learning  |   |  |  |   |   |
| Objectives covered – 1) Being me in my world<br>2) Celebrating differences<br>Each year group has covered the same units – all units build from each other. |   |  |  |   |   |
| Key vocabulary for this unit  |   |  |  |   |   |
| Responsibility<br>Choice<br>Immunisation<br>Prevention  | Drugs<br>Effects<br>Motivation<br>Prescribed<br>Unrestricted<br>Over-the-counter<br>Restricted<br>Illegal<br>Volatile substances<br>Synthetic highs<br>New psychoactive<br>substances | Exploited<br>Vulnerable<br>Drugs<br>Criminal<br>Illegal<br>Gangs | Gang<br>Pressure<br>Strategies<br>Reputation<br>Anti-social<br>behaviour<br>Crime<br>Illegal | Mental health<br>Emotional health<br>Mental illness<br>Symptoms | Stress<br>Triggers<br>Strategies<br>Managing Stress<br>Pressure |
| Learning Sequence   |   |  |  |   |   |
| <b>1. Taking responsibility (for my health and wellbeing).</b>  | I can take responsibility for my health and make choices that benefit my health and well-being  |  |  |   |   |
| <b>2. Drugs</b>   | I know about different types of drugs and their uses and their effects on the body particularly the liver and heart   |  |  |   |   |
| <b>3. Exploitation</b>  | I understand that some people can be exploited and made to do things that are against the law   |  |  |   |   |

|  |   |
|--|---|
| <b>4. Gangs</b>  | I know why some people join gangs and the risks this involves   |
| <b>5. Emotional and mental health</b>  | I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness    |
| <b>6. Managing stress and pressure</b>   | I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse |
| <b>Assessment milestones</b>   |   |
| <b>Social and emotional skills:</b> <ol style="list-style-type: none"> <li>1. I am motivated to care for my physical and emotional health</li> <li>2. I am motivated to find ways to be happy and cope with life's situations without using drugs</li> <li>3. I can suggest ways that someone who is being exploited can help themselves</li> <li>4. I can suggest strategies someone could use to avoid being pressurised</li> <li>5. I know how to help myself feel emotionally healthy and can recognise when I need help with this</li> <li>6. I can use different strategies to manage stress and pressure</li> </ol> |   |