

Spring 2 Jigsaw – Healthy Me



Prior Learning					
Children may have looked at healthy bodies during science.					
Key vocabulary for this unit					
Choices Healthy behaviour Unhealthy behaviour Informed decision Pressure Media	Influence	Emergency Procedure Recovery position Calm Level-headed	Body image Social media Celebrity Altered Self-respect Comparison	Eating problem Eating disorder Respect Pressure	Debate Opinion Fact Choices Healthy lifestyle Motivation
Learning Sequence					
1. Smoking	I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.				
2. Alcohol	I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart				
3. Emergency Aid	I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations				
4. Body Image	I understand how the media, social media and celebrity culture promotes certain body types				
5. My Relationship with Food	I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures				
6. Healthy Me	I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy				
Assessment milestones					
I can explain different roles that food and substances can play in people's lives. I can also explain how people can develop			A summative assessment will be completed throughout the topic for each child. Children will be assessed through our use		

eating problems (disorders) relating to body image pressures and how smoking can be harmful to our body.
I can compare different types of friendships and the feelings associated with them. I can also explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure.
I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important.

of questioning as well as through discussion-based tasks during the lesson.