

Spring 2 Jigsaw – Healthy Me



Prior Learning					
Children may have looked at healthy bodies during science.					
Key vocabulary for this unit					
Responsibility Choice Immunisation Prevention	Drugs Effects Motivation Prescribed Unrestricted Over the counter Restricted Illegal Volatile Substances Synthetic Highs New Psychoactive substances	Exploited Vulnerabe Drugs Criminal Illegal Gangs	Gang Pressure Strategies Reputation Anti-social Behaviour Crime Illegal	Mental healthy Emotional health Mental illness Symptoms	Stress Triggers Strategies Managing Stress Pressure
Learning Sequence					
1. Taking responsibility for my health and well-being	I can take responsibility for my health and make choices that benefit my health and well-being				
2. Drugs	I know about different types of drugs and their uses and their effects on the body particularly the liver and heart				

3. Exploitation	I understand that some people can be exploited and made to do things that are against the law	
4. Gangs	I know why some people join gangs and the risks this involves	
5. Emotional and mental health	I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness	
6. managing stress and pressure	I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse	
Assessment milestones		
<ul style="list-style-type: none"> • I can tell you how substance misuse has an unhealthy impact on the body and mind. • I can explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others. 	A summative assessment will be completed throughout the topic for each child. Children will be assessed through our use of questioning as well as through discussion-based tasks during the lesson.	