

## PSHCE Jigsaw – **Healthy Me** – Spring 2 Coverage

	Year 3	Year 4	Year 5	Year 6
<b>Week 1</b>	<p>Being fit and healthy</p> <p>understand how exercise affects my body and know why my heart and lungs are such important organs  <b>set myself a fitness challenge</b></p>	<p>My friends and me</p> <p>recognise how different friendship groups are formed, how I fit into them and the friends I value the most  <b>identify the feelings I have about my friends and my different friendship groups</b></p>	<p>Smoking</p> <p>know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart  <b>make an informed decision about whether or not I choose to smoke and know how to resist pressure</b></p>	<p>Taking responsibilities for my health and well-being</p> <p>take responsibility for my health and make choices that benefit my health and well-being  <b>be motivated to care for my physical and emotional health</b></p>
<b>Week 2</b>	<p>Being fit and healthy</p> <p>know that the amount of calories, fat and sugar I put into my body will affect my health  <b>know what it feels like to make a healthy choice</b></p>	<p>Group dynamics</p> <p>understand there are people who take on the roles of leaders or followers in a group, and to know the role I take on in different situations  <b>be aware of how different people and groups impact on me and to recognise the people I most want to be friends with</b></p>	<p>Alcohol</p> <p>know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart  <b>make an informed decision about whether or not I choose to drink alcohol and know how to resist pressure</b></p>	<p>Drugs</p> <p>know about different types of drugs and their uses and their effects on the body particularly the liver and heart  <b>be motivated to find ways to be happy and cope with life's situations without using drugs</b></p>
<b>Week 3</b>	<p>What do I know about drugs?</p> <p>tell you my knowledge and attitude towards drugs  <b>identify how I feel towards drugs</b></p>	<p>Smoking</p> <p>understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke  <b>recognise negative feelings in peer pressure situations (such as embarrassment, shame, inadequacy and guilt) and know how to act assertively to resist pressure from myself and others</b></p>	<p>Emergency aid</p> <p>know and put into practice basic emergency aid procedures (including recovery position) and to know how to get help in emergency situations  <b>know how to keep myself calm in emergencies</b></p>	<p>Exploitation</p> <p>understand that some people can be exploited and made to do things that are against the law  <b>suggest ways that someone who is being exploited can help themselves</b></p>

<p><b>Week 4</b></p>	<p><b>Being safe</b></p> <p>identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help express how being anxious or scared feels</p>	<p><b>Alcohol</b></p> <p>understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol recognise negative feelings in peer pressure situations (such as embarrassment, shame, inadequacy and guilt) and know how to act assertively to resist pressure from myself and others</p>	<p><b>Body image</b></p> <p>understand how the media, social media and celebrity culture promotes certain body types reflect on my own body image and know how important it is that this is positive and I accept and respect myself for who I am</p>	<p><b>Gangs</b></p> <p>know why some people join gangs and the risks this involves know some strategies I could use to avoid being pressurised</p>
<p><b>Week 5</b></p>	<p><b>Safe or unsafe</b></p> <p>identify when something feels safe or unsafe take responsibility for keeping myself and others safe</p>	<p><b>Healthy friendships</b></p> <p>recognise when people are putting me under pressure and can explain ways to resist this when I want identify feelings of anxiety and fear associated with peer pressure</p>	<p><b>My relationship with food</b></p> <p>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 respect and value my body</p>	<p><b>Emotional and mental health</b></p> <p>understand what it means to be emotionally well and explore people's attitudes towards mental health/illness know how to help myself feel emotionally healthy and recognise when I need help with this</p>
<p><b>Week 6</b></p>	<p><b>My amazing body</b></p> <p>understand how complex my body is and how important it is to take care of it respect my body and appreciate what it does for me</p>	<p><b>Celebrating my inner strength and assertiveness</b></p> <p>know myself well enough to have a clear picture of what I believe is right and wrong tap into my inner strength and know how to be assertive</p>	<p><b>Healthy me</b></p> <p>know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy be motivated to keep myself healthy and happy</p>	<p><b>Managing stress and pressure</b></p> <p>recognise stress and the triggers that cause this and understand how stress can cause drug and alcohol misuse use different strategies to manage stress and pressure</p>