

## Medium Term Plan: Supporting Implementation of LTP/Progression Grid

<p><b>Subject: Personal Development; Healthy Me Year B : LKS2</b></p> <p><i>NB The statutory and non-statutory objectives are continuously revisited in a spiral curriculum using Jigsaw toolkit. Within themed topic's we teach objectives discreetly in MTP's whilst revisiting in outline previously taught objectives. For the purpose of this MTP we are emphasising the following objectives that pupils should be taught;</i></p> <p><b>RSHE Statutory Guidance</b></p> <p>Caring Friendships 2a-e  Respectful Relationships 3a-h  Online Safety 4b-e  Being Safe 5a,d-h  Mental Well-Being 6a-j  Internet Safety 7a,c-e,g  Physical Health 8a-d  Healthy Eating 9a-c  Drugs, Alcohol &amp; Tobacco 10a  Health and Prevention 11c</p> <p><b>Non Statutory Guidance Citizenship KS2</b></p> <p>Developing confidence and responsibility and making the most of their abilities 1a-c  Preparing to play an active role as citizens 2k  Developing a healthy, safer lifestyle 3a,d,f-g  Developing good relationships and respecting the difference between people 4a-g  Breadth of Opportunities 5a-h</p>
<p><b>Prior Learning (what pupils already know and can do)</b></p> <p>Know what is meant by healthy eating and name some healthy foods  Know what are healthy life style choices and how to keep healthy  Know how to be medically safe  Know that mental health is as important as physical health and it is normal to do so  Know how some ways to help your mental health; physical exercise, asking for help and advice  Know what digital media is; website, videos , games</p>
<p><b>End Points (what pupils MUST know and remember)</b></p> <p>Know what makes a healthy relationship  Know the negative effects of smoking and alcohol on their bodies  Know how to be assertive and when to use them  Know how to celebrate their strengths  Know that exercise helps with physical fitness  Know what peer pressure is and how to resist it  Know how to recognise their emotional triggers  Know that there is fake news on digital platforms and what to do about it</p>
<p>Key Vocabulary to teach each session; respectful, emergency, dynamics in relationships, peer pressure, leader follower, assertiveness, healthier friendships, attitudes, safe choices, calories, food groups fat, sugar, protein, carbohydrates</p>
<p><b>Session 1:</b> Healthy life style; exercise effects my body, lungs heart, etc, Food and calories, talk about body and how important it is to take care of it</p> <p><b>Taught Year B Health Me Units 1 &amp; 2</b></p>
<p><b>Session 2:</b> Explore facts on smoking and knowledge, attitudes to drugs and alcohol; Effects on the body Liver, lung. Explore reasons why people smoke and drink</p> <p><b>Taught Year B Health Me Units 1 &amp; 2</b></p>
<p><b>Session 3:</b> Keeping safe; Talk about people places that need I need to keep safe from. Explore feeling safe and unsafe. Strategies to help you keep safe. Talk about friendship groups and how they are formed, where I fit and who I value</p> <p><b>Taught Year B Health Me Units 1 &amp; 2</b></p>

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**Session 4:** Explore Peer pressure, and reasons why this happens and strategies to resist this. Understand my self and how I have a clear picture of right and wrong, Talk about roles people take on as leaders and followers

**Taught Year B Health Me Units 1 & 2**

**Session 5 Mental Health;** Children learn about what is meant by mental health and wellbeing. Explore what can help their mental health; healthy life style, food choices exercise. They learn how to get better at recognising theirs and others emotions and triggers and consequences. They learn the appropriateness of what they are feeling and is it proportionate. They learn how bullying can have a lasting and often negative impact on mental health. Explore feelings of isolation and loneliness and why it's important to talk about it.

**Session 6 Digital Media**

Children explore common digital media e.g. social media platforms, mobile media applications, electronic mail, and blogs; Learn to appreciate that not all information on line is true.