

Medium Term Plan: Supporting Implementation of LTP/Progression Grid

Subject: Personal Development; Healthy Me Year B : UKS2 <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> RSHE Statutory Guidance Mental Health 6a-j Internet Safety 7b-d, f,g Physical Health 8a-d Drugs, Alcohol & Tobacco 10a Non Statutory Guidance Citizenship KS2 Developing confidence and responsibility and making the most of their abilities 1a-c Preparing to play an active role as citizens 2a, e-f, k Developing a healthy , safer lifestyle 3a,d,e Developing good relationships and respecting the difference between people 4a,g Breadth of Opportunity 5a-i
Prior Learning (what pupils already know and can do) 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
End Points (what pupils MUST know and remember) Know the health risks of smoking; It can damage lungs and cause cancer Know some of the risks with miss using alcohol; anti- social behaviour, come to harm Know and do basic emergency procedures Know that media can promote certain body images and this can be unhealthy Know that for a healthy life style, you need healthy eating Know about drugs and they can effect and harm my body Know what mental illness means and we need to look after mental health as it is important Know that information shared through digital media has benefits and risks
Key Vocabulary to teach each session; mental health, emergency, drugs, alcohol, illness, peer pressure, safe choices
Session 1: Risks of smoking and misuse of alcohol. Look at effects your body and behaviour, know what is an unhealthy life style and what makes a healthy life style Taught Year B Health Me Units 1 & 2
Session 2: Know how to activate emergency procedures and call for help in emergency situations. Understand about body image and social media and the different roles food can play in people's lives and how people develop eating disorders. Taught Year B Health Me Units 1 & 2
Session 3: Know how to take responsibility for own health and make the right choices. Understand what it means to be emotionally well and look at attitudes to mental health. Taught Year B Health Me Units 1 & 2
Session 4: Know about different types of drugs, uses and effects on the body. Recognise that stress can trigger drug and alcohol misuse. Taught Year B Health Me Units 1 & 2.
Session 5 Mental Health: Children learn to judge whether what they are feeling and behaving is appropriate or not. Explore the theme of what is meant my mental ill health and how it's important to ask for help about own or others. Explore what can help your mental health; how

Medium Term Plan: Supporting Implementation of LTP/Progression Grid

being a part of a community can help wellbeing; Friendships, groups, wider organisations; voluntary, national.

Session 6: Digital Media ; Learn how information is shared and used; The benefits and risks; Benefits of digital media; less expensive than printed version, launch and updated faster, more immediate, rapid sharing of information, can be interactive, reach is far more at pace. Risks of sharing information and imagery; loss of author control, and can spread quickly and far before information can be stopped, rumours begin without foundation can have extreme impact, always a footprint of sharing will never go away, Internet crime, security issues and long term effects on mental health.