

Leintwardine Endowed CE Primary School Learning Journey Key

'Letting Our Light Shine'


SUBJECT : PSHE

YEAR : A

TERM : Summer 1

YEAR GROUPS : 5/6

Key Question: How can I look after myself?

Question	Vocabulary to Use	Information which will help me	Can I....?														
Who can decide what I do?	autonomy, consent, contact, touch, appropriate, unwanted, choice, safe, boundaries, control, respect, protect, help support, tell, consequences, rights, sleep, deprivation, impact, effects, positive, negative, physical, emotional, mental, health, wellbeing, mindfulness, meditation, habit, routine, care, healthy eating, diet, exercise, oral, teeth, dental, sun exposure, illness, bacteria, virus, germs, infection, hygiene, medicines, allergies, responsibility, alcohol, cigarettes, tobacco, e-cigarettes, vaping, vapes, vape pens, medicine, nicotine, addictive, drugs, harmful, dangerous, substances, pressure, media, legal, illegal, age restrictions, body image, beauty, self-confidence, looks, media, appearance, stereotype, advertising, perfect	<p>The dictionary defines consent as:</p> <p>'permission for something to happen or agreement to do something.'</p> <p>A trusted adult could be:</p> <ul style="list-style-type: none"> a parent or a carer; another family member, such as a grandparent; a friend's parent or carer; a teacher or another adult in school; a doctor, nurse or police officer. <p>Sleep Deprivation Being deprived of something means not getting enough, or not getting any, of that thing.</p> <table border="1"> <thead> <tr> <th>Physical Effects</th> <th>Mental Effects</th> </tr> </thead> <tbody> <tr> <td>We could suffer from extreme tiredness.</td> <td>We will find it hard to concentrate.</td> </tr> <tr> <td>Our bodies will ache.</td> <td>We are likely to make more mistakes.</td> </tr> <tr> <td>We could suffer from headaches.</td> <td>We might suffer from anxiety.</td> </tr> <tr> <td>Our immune system will not be as strong, so we won't be able to fight off germs.</td> <td>We may feel very tearful.</td> </tr> <tr> <td>We could put on weight.</td> <td>Our responses will be slower and we may be clumsy.</td> </tr> <tr> <td>We could feel dizzy and sick.</td> <td>We are likely to lose our temper quickly.</td> </tr> </tbody> </table> <p>The dictionary defines autonomy as:</p> <p>'freedom from external control or influence; independence.'</p> <p>Exercise strengthens your heart.</p> <p>Exercise strengthens bones and muscles.</p> <p>Exercise can reduce the risk of getting ill.</p> <p>Exercise boosts your energy levels.</p> <p>Exercise improves your mood.</p> <p>Exercise promotes better sleep.</p> <p>A stereotypical image of a 'beautiful' or 'perfect' person might look nothing like the people we actually know in real life.</p> <p>Legal drugs also include alcohol and tobacco. These are restricted drugs – that means there is a restriction on who can use them.</p> 	Physical Effects	Mental Effects	We could suffer from extreme tiredness.	We will find it hard to concentrate.	Our bodies will ache.	We are likely to make more mistakes.	We could suffer from headaches.	We might suffer from anxiety.	Our immune system will not be as strong, so we won't be able to fight off germs.	We may feel very tearful.	We could put on weight.	Our responses will be slower and we may be clumsy.	We could feel dizzy and sick.	We are likely to lose our temper quickly.	<p>> explain that I can choose what happens to my own body?</p> <p>> list where to get help if I am worried?</p> <p>> describe the importance of sleep, exercise and healthy eating?</p> <p>> identify ways in which certain drugs, including tobacco and alcohol can harm my body?</p> <p>> identify positive aspects about themselves?</p> <p>> discuss the choices related to health I make each day?</p> <p>> identify choices that will benefit my health and provide a 'balanced lifestyle'?</p> <p>> list ways to avoid becoming ill?</p> <p>> define consent and autonomy?</p> <p>> explain the importance of vaccinations and immunisations?</p>
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Why is exercise and sleep important?																	
How do I look after my own body?																	
What are harmful substances?																	
What is self-image?																	
How do I make healthy choices?																	