

# Leintwardine Endowed CE Primary School Learning Journey Itinerary

'Letting Our Light Shine'

SUBJECT : PSHE      YEAR : A      TERM : Summer 1      YEAR GROUPS : 5/6

## Key Question: How can I look after myself?

### Previous Knowledge –

- understand the importance of sleep, exercise and healthy eating.
- discuss what happens to muscles when we exercise them.
- understand they can choose what happens to their body and know when a 'secret' should be shared.
- explain that too much sugar is bad for health.
- know the difference between medicine and harmful drugs and chemicals.
- explain how germs travel and spread disease.
- identify ways to protect their bodies from ill health.

### END OF UNIT OBJECTIVES

Some children will not yet have met what is expected and will show that they are **emerging** because they can:

- > explain that I can choose what happens to my own body
- > list where to get help if I am worried
- > describe the importance of sleep, exercise and healthy eating
- > identify ways in which certain drugs, including tobacco and alcohol can harm my body
- > identify positive aspects about themselves
- > discuss the choices related to health I make each day
- > identify choices that will benefit my health and provide a 'balanced lifestyle'
- > list ways to avoid becoming ill
- > define consent and autonomy
- > explain the importance of vaccinations and immunisations

Most children will show that they have reached the **expected** level because they can:

- > explain that I can choose what happens to my own body
- > list where to get help if I am worried
- > describe the importance of sleep, exercise and healthy eating
- > identify ways in which certain drugs, including tobacco and alcohol can harm my body
- > identify positive aspects about themselves
- > discuss the choices related to health I make each day
- > identify choices that will benefit my health and provide a 'balanced lifestyle'
- > list ways to avoid becoming ill
- > define consent and autonomy
- > explain the importance of vaccinations and immunisations
- > identify the implications of not getting enough sleep
- > understand why they need to change some of their habits and routines as they get older
- > identify where the pressure to try harmful substances might come from
- > understand that many images seen in the media are artificially enhanced

Some children will have gone beyond the expected level and will show that they are **exceeding** because they can:

- > explain that I can choose what happens to my own body
- > list where to get help if I am worried
- > describe the importance of sleep, exercise and healthy eating
- > identify ways in which certain drugs, including tobacco and alcohol can harm my body
- > identify positive aspects about themselves
- > discuss the choices related to health I make each day
- > identify choices that will benefit my health and provide a 'balanced lifestyle'
- > list ways to avoid becoming ill
- > define consent and autonomy
- > explain the importance of vaccinations and immunisations
- > identify the implications of not getting enough sleep
- > understand why they need to change some of their habits and routines as they get older
- > identify where the pressure to try harmful substances might come from
- > understand that many images seen in the media are artificially enhanced
- > understand that different people have different boundaries
- > identify the best bedtime routine for themselves
- > use meditation at bedtime to aid a peaceful sleep
- > challenge stereotypical notions of 'the perfect body'
- > understand the impact that the media (including social media) has on the choices they make about their bodies and about their health and wellbeing.

### ASSESSMENT OPPORTUNITIES

Class discussions, Work produced in lessons, End of unit quiz.

### ENRICHMENT OPPORTUNITIES Helping children to remember more

### SUBJECT SPECIFIC VOCABULARY

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, appearance, stereotype, advertising, perfect

**CROSS-CURRICULAR LINKS**  
**Links that we can make to help children make sense of what we want them to know and be able to do.**