



**Learning Module:  
Spring Term 2 / Puzzle 4  
Year 5 – Healthy Me**

**Pupil outcomes as a result of this module – *Children will be taught about smoking and the health risks. Children will be taught about alcohol, the health risks and how it can affect others. Children will be taught about simple first aid and how to keep calm in emergency situations. Children will be taught about body image and social media and good relationships with food.***

<b>Knowledge</b>	<b>End of Year/Key Stage Objectives</b>
<ul style="list-style-type: none"> <li>○ I know what I need to keep my body healthy.</li> <li>○ I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed.</li> <li>○ I understand how medicines work in my body and how important it is to use them safely.</li> <li>○ I can sort foods into the correct food groups and know which foods my body needs every day to keep my healthy.</li> <li>○ I can make some healthy snacks and explain why they are good for my body.</li> </ul>	<p><b>1a</b>, to talk and write about their opinions, and explain their views on issues that affect themselves and society.</p> <p><b>2k</b>, To explore how the media present information.</p> <p><b>4f</b>, That differences and similarities between people arise from a number of factors, including cultural, ethnic, racial and religious diversity, gender and disability.</p> <p><b>4c</b>, To be aware of different types of relationship, including marriage and those between friends and families and to develop the skills to be effective in relationships.</p> <p><b>4e</b>, To recognise and challenge stereotypes.</p> <p><b>Online relationships</b> How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.</p> <p><b>4a</b>, That their actions affect themselves and others, to care about other peoples feelings and to try to see things from their point of view.</p> <p><b>1d</b>, To recognise as they approach puberty, how people’s emotions change at that time and how to deal with their feelings towards themselves, their families and others in a positive way.</p> <p><b>3c</b>, Learn about how the body changes as children approach puberty.</p> <p><b>2f</b>, About the main stages of the human life cycle.</p>
<p><b>Skills</b></p> <ul style="list-style-type: none"> <li>○ I am motivated to make healthy lifestyle choices.</li> <li>○ I can tell you when a feeling is weak and when a feeling is strong.</li> <li>○ I feel positive about caring for my body and keeping it healthy.</li> <li>○ I have a healthy relationship with food and know which foods I enjoy the most.</li> <li>○ I can express how it feels to share healthy food with my friends.</li> </ul>	
<p><b>Understanding</b></p> <ul style="list-style-type: none"> <li>○ I can decide which foods to eat to give my body energy.</li> <li>○ I have a healthy relationship with food and I know which foods are most nutritious for my body.</li> <li>○ I can explain why foods and medicines are good for my body, comparing my ideas with less healthy / unsafe choices.</li> <li>○ I can compare my own and my friends’ choices and can express how it feels to make healthy and safe choices.</li> </ul>	