

Jigsaw- Being Healthy

Lesson sequence – Being Healthy

- Week 1 – Recap prior knowledge (balanced diets).**
- Week 3 – Know how important it is to be physically active.**
- Week 4 – Know how to keep themselves and others safe.**
- Week 5 – Know how to be a good friend and enjoy healthy relationships.**
- Week 6 – Know how to keep calm and deal with difficult situations**

Prior Knowledge / Concepts

Knowledge of RRSA : I have the right to good quality health care, to clean water and good food (Article 24

Knowledge: that taking responsibility for my health and make choices which benefit my health and well-being

Science (Prior Knowledge) know now how to keep their bodies healthy and how their bodies might be damaged – including how some drugs and other substances can be harmful to the human body.

To know the impact of diet, exercise, drugs and lifestyle on the way their bodies function

Sticky learning

New Knowledge

I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.

I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart

I know that smoking and alcohol misuse is unhealthy.

I know the short term and long term damage of smoking and alcohol misuse.

I know how to keep myself calm in Emergencies

I know about the practice of basic emergency aid procedures (including recovery position)

I know how to get help in emergency situations

I know how important it is that my body image is positive

New Skills

I can explain different roles that food and substances can play in people's lives.

I can also explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy.

I can summarise different ways that I respect and value my body.

I can reflect on my own body image

I respect and value my body

I am motivated to keep myself healthy and happy

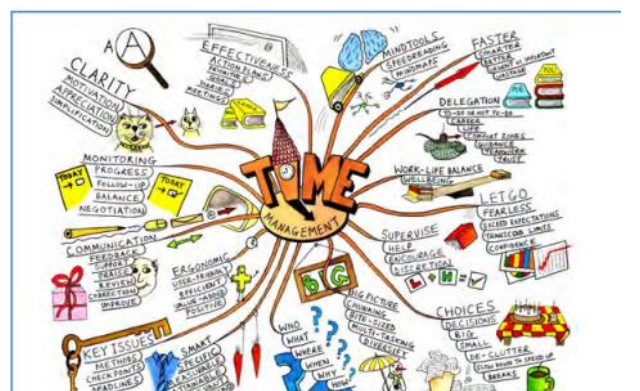
I can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations

I know the different roles food can play in people's lives and what makes a healthy lifestyle including healthy eating
I know about eating problems (disorders) relating to body image pressures

Key Vocabulary

Mood
Energy
Balanced diet
Drugs
Effects
Motivation
Misuse
Anti-social
Responsible
Appropriate
Emergency
Recovery position
CPR
Safety
Mental health
Emotional health
Mental illness
Symptoms
Stress
Triggers
Strategies
Managing stress

Scenarios/links to everyday life



Visual representations



