Burford School & Nursery

'Enjoy, Achieve, Succeed Together'

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Dear Parents and Carers,

The theme of our PSHE unit for next half-term is 'Healthy Me'. We feel it is really important to work in partnership with our parents/carers by providing advanced notice on the teaching of any potentially sensitive content. This will allow discussions at home to take place (before or after the lesson) whilst also preparing parents/carers for any potential questions that may come home with your child.

In 2019, the Government announced that the delivery of Health and Relationships Education would become a compulsory subject from Summer 2021.

You can find details of the statutory framework here:

https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education

Year 5 'Healthy Me' Overview

Lesson Number:	Approximate date of teaching*:	Learning Intention:	Vocabulary Taught:
1	W/C 23.2.26	Know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart Can make an informed decision about whether or not I choose to smoke and I know how to resist pressure	Choices Healthier behaviour Less healthy behaviour Informed decision Pressure Media Influence Vaping
2	W/C 2.3.26	Know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart Can make an informed decision about whether or not I choose to drink alcohol and know how to resist pressure	Choices Healthier behaviour Less healthy behaviour Informed decision Pressure Media Influence

3	W/C 9.3.26	Know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations. Know how to keep myself calm in emergencies.	Emergency Procedure Recovery position Calm Level-headed
4	W/C 16.3.26	Understand how the media, social media and celebrity culture promotes certain body types. Can reflect on my own body image and know how important it is that this is positive and I accept and respect myself for who I am.	Body image Media Social media Celebrity Altered Self-respect Comparison
5	W/C 23.3.26	I can describe the different attitudes people have to food and how these can be affected by external influences. I respect and value my body.	Body image Informed decisions/choices Pressure
6	W/C 23.3.26	Know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy. Am motivated to keep myself healthy and happy.	Debate Opinion Fact Choices Healthy lifestyle Motivation

*Please note that whilst dates have been provided, last minute timetable changes may happen.

Jigsaw PSHE is the scheme of work we use to deliver our PSHE curriculum and the majority of our resources will come from this scheme.

Thank you for your support.

The Year 5 Team