

Year 5 (Spring 2) Owning our choices

Prior Learning: In Year 4 children will have learnt about how we can be a good friend. This included: ways we can be a good friend, recognising a wider range of feelings in others; responding to feelings; strategies to resolve disputes; negotiation and compromise; resolving differences; how to recognise when a relationship online or offline is making us feel uncomfortable, strategies for independence.

We will learn the knowledge and strategies to make positive choices that keep us healthy. Areas of learning include how to maintain a healthy balanced lifestyle through food choices and physical activity, as well as potential barriers people might face. Children will learn how to manage influences and pressure, and keep themselves healthy within our 'Owning your Choices' theme of our PSHE Education. This includes learning about Healthy choices. What makes a balanced lifestyle? Making choices, what is meant by a habit, drugs common to everyday life, the law and drugs, who is responsible for their health and well-being? Vaccinations, immunisations and medicines. Peer influences and messages in the media re drugs (e.g. vaping)

1. TWAL: To understand positive and negative habits

We will discuss what a habit is and how we form positive and negative habits in our everyday lives. We will know who we can speak to if a habit begins to get out of control and become negative influences on us physically and mentally. **Assessment opportunity**

before and after lesson



A habit is an acquired pattern of behaviour that often occurs automatically.
We have the power to break a habit if it is having a negative impact on our health.

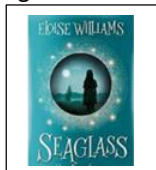
Recommended Reading

Children's book of Healthy Habits by Kate Davis



2. TWAL: To understand our health and well-being responsibilities

We will learn that we are responsible for our own health and wellbeing and that by forming healthy habits in our daily life, these can contribute to a happy and fulfilling life. We will be able to identify what we do currently to maintain good health and wellbeing and who can support us if we need more guidance.



Recommended Resources and planning support

<https://mentallyhealthyschools.org.uk/resources/wellbeing-being-responsible-year-5-upper-key-stage-2/>

https://schools.beano.com/lesson_plan_category/bouncebackability/

Recommended Reading

How not to lose it – Mental Health sorted by Anna Williamson and Alice Beer

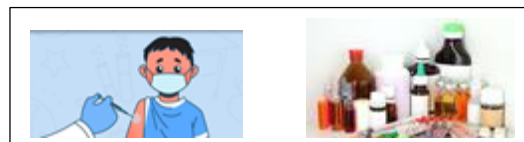
Sea Glass by Eloise Williams

3. TWAL: Vaccinations, immunisations and medicines

We will learn about the importance of washing our hands to limit the spread of germs, bacteria and how these can become viruses which can spread from person to person. How these are treated with medicines, vaccines and immunisations. We will learn what the differences are between vaccines, immunisations and medicines. We will consider which childhood vaccines we have, which diseases they can prevent and how we are lucky as a country to have the NHS who administer these vaccines to immunise us and protect us from becoming ill. We will also look at how allergies can be managed through medicines and the importance of using medicines correctly. (PSHE Association lesson)



A vaccination is a treatment to which makes the body stronger to against an infection. Immunisation is when a person's immune system learns to fight an infection.



4. TWAL: To understand the law and drugs

We will learn what drugs are and how they can become a negative habit. We will be able to identify the key points about laws regarding common drugs and substances. (e.g. tobacco, alcohol) We will know who we can talk to if we have concerns about ourselves or others who may be thinking or already taking drugs and why it is important to understand why some people may be tempted to take drugs. We will learn about the risks and effects of taking drugs on our bodies and mental health. We will explore scenarios. (PSHE Association lesson)



Drugs are substances which, when taken, affect the human mind and body, There are risks associated with taking any type of drugs.

FRANK (a drugs support service) on 0300 123 66 00

DrugFAM (a drugs support group for those affected by other people's drug use) on 0300 888 3853

Childline on 0800 1111

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5. TWAL: To explore peer pressure and strategies for resisting it.

We will learn about what peer pressure is and how it may influence people to make decisions, including decisions regarding drug use. explore ways to manage these influences and ways to respond, including how to do so assertively in a range of situations. (PSHE Association lesson)



We can make our own decisions regarding our health and wellbeing, There are ways of saying no and ways we can get help if we need to from a trusted adult.



Vocabulary we will learn:

Legal/
illegal

Immunisation

Vaccinations

Peer
Pressure

6. TWAL: To understand the law, media and messages about drugs

We will explore the role of the media in advertising and influencing the public in relation to smoking/vaping and alcohol use in particular and the mixed messages, considering why some people may choose to use drugs. We will identify key messages through analysing media such as adverts and health advice posters. We will apply critical thinking skills to assess the reliability of sources and learn how to access reliable and accurate advice and information about alcohol and tobacco/e-cigarette use. (PSHE Association lesson) **Assessment opportunity before and after**



Misuse is to use something in the wrong way or for the wrong reasons.
The media does not always give reliable and accurate messages.
Where to get help if we need it.

Recommended Resources

<https://pshe-association.org.uk/drugeducation>

<https://www.nspcc.org.uk/keeping-children-safe/keeping-children-safe/talking-drugs-alcohol/>
<https://www.childline.org.uk/info-advice/you-your-body/drugs-alcohol-smoking/drugs/children-safe/talking-drugs-alcohol/>

