



ALMOND HILL JUNIOR SCHOOL MEDIUM TERM PLAN

TOPIC TITLE: PSHE – Healthy Choices

YEAR GROUP: 5

TERM: Summer 1

<p>Vocabulary Balanced Healthy Lifestyle Calories Nutrition Habit Puberty Menstruation</p>	<p>Periods Tampons Sanitary towels Wet dreams Semen Erection Sweat Breasts Facial/pubic hair</p>	<p>Skills</p> <ul style="list-style-type: none"> Identify a healthy diet (including understanding calories and other nutritional content) and the risks associated with an inactive lifestyle Recognising early signs of physical illness such as weight loss or unexplained changes to the body Discussing habits and the facts and associated risks of smoking and vaping Identifying facts about legal (possibly) harmful substances and associated risks Knowing key facts about puberty and the changing adolescent body including physical and emotional changes Knowing about menstrual wellbeing including the key facts about the menstrual cycle linking this to human reproduction 	<p>What we already know</p> <p>Year 3</p> <ul style="list-style-type: none"> The difference between a healthy and unhealthy diet The importance of regular exercise Correct names for body parts That each person's body belongs to them How to keep clean and healthy <p>Year 4</p> <ul style="list-style-type: none"> The people who can help us and where to access this help What puberty is and the changes that a human body goes through The human life cycle 														
<p>Illustration</p> <p>Each serving (150g) contains</p> <table border="1"> <tr> <td>Energy 1046kJ 250kcal</td> <td>Fat 3.0g</td> <td>Saturates 1.3g</td> <td>Sugars 34g</td> <td>Salt 0.9g</td> </tr> <tr> <td></td> <td>LOW</td> <td>LOW</td> <td>HIGH</td> <td>MED</td> </tr> <tr> <td>13%</td> <td>4%</td> <td>7%</td> <td>38%</td> <td>15%</td> </tr> </table> <p>of an adult's reference intake Typical values (as sold) per 100g: 697kJ/ 167kcal</p>	Energy 1046kJ 250kcal	Fat 3.0g	Saturates 1.3g	Sugars 34g	Salt 0.9g		LOW	LOW	HIGH	MED	13%	4%	7%	38%	15%	<p>Application/ Outcomes</p> <ul style="list-style-type: none"> Nutritional label top trumps Choosing and completing a change 4 life activity Healthy/unhealthy habits sort Smoking comprehension Debate about energy drinks Puberty changes worksheet Menstruation cycle card sort Puberty agony aunt letter 	<p>Concepts</p> <ul style="list-style-type: none"> What a healthy balanced lifestyle is What the signs of ill health are and where to access help What a habit is Why smoking is dangerous What changes puberty brings What the menstrual cycle is How to access help during puberty
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<p>Other/Cross Curricular links</p> <p>Science – lifecycles Maths – decimals, ordering numbers SEND adaptations: extra RSE lessons if necessary, accessible numbers, accessible texts, writing frame</p>																	