


Subject: PSHCE	Mental Health & Emotional Wellbeing Healthy Lifestyles RSE		
Class: T1	Teacher: Jess Hallett	Term: 1	
		Resources: PSHCE association learning opportunities, powerpoints, worksheets	

Unit Aim: The aim of this unit is for pupils to have a better understanding of healthy lifestyles and how they can make small changes to help them become healthier. To have an understanding of mental health and emotional well-being within themselves and others. To begin to create an understanding of relationships; positive relationships and consent, breakdown in relationships and online relationship.

Prior Learning: Pupils will have learnt about skills to form relationships previously and will have covered within science the importance of a healthy lifestyles.

Future Learning: These modules can support the delivery of [ASDAN](#)'s Preparing for Adulthood programmes and entry qualifications.

Links with other subjects:

Literacy: Speaking and listening, reading and writing

ICT: Research skills using the internet and word

Week	Session 1
1	Lesson Objective – change for life To be able to understand labels on the foods we buy

	<p>Activities</p> <ul style="list-style-type: none"> • Find forky task 1 powerpoint • Read through powerpoint and discuss about food labels • Complete food labels worksheet (bring in 7 different packages of food for students to practice reading and recording labels) • Discuss why this is important • Play find forky game • Discuss with students whether they think they have just taken part in exercise? Explain the importance or moving an extra 10 minutes a day
2	<p>Lesson Objective – change for life To be able to identify how much salt is recommended and the effects of having too much</p> <p>Activities</p> <ul style="list-style-type: none"> • Zootropolis salt powerpoint • Discuss foods that contain salt and the daily recommended allowance – why are the recommendations in place? • Complete salt worksheet • Play sloth, sloth, bunny • Discuss how students now feel after completing their 10 minute exercise activity
3	<p>Lesson Objective – change for life To be able to identify how much sugar is recommended and the effects of having too much</p> <p>Activities</p> <ul style="list-style-type: none"> • Winne the pooh powerpoint • Discussion around sugar • Complete sugar worksheet • Play winnie pooh’s honey race • Discuss how topics and activities covered can help us lead a healthier life
4	<p>Lesson Objective - Relationships</p> <p>R1. about different types of relationships, including those within families, friendships, romantic or intimate relationships and the factors that can affect them</p>

R2. indicators of positive, healthy relationships and unhealthy relationships, including online

R9. to clarify and develop personal values in friendships, love and sexual relationships

R10. the importance of trust in relationships and the behaviours that can undermine or build trust

13. how to safely and responsibly form, maintain and manage positive relationships, including online

R14. the qualities and behaviours they should expect and exhibit in a wide variety of positive relationships (including in school and wider society, family and friendships, including online)

R15. to further develop and rehearse the skills of team working

R16. to further develop the skills of active listening, clear communication, negotiation and compromise

R17. strategies to identify and reduce risk from people online that they do not already know; when and how to access help

Activities

- Student led discussion – **Teacher prompts - What are different types of relationships? What makes a relationship healthy? What makes a relationship unhealthy? How important is trust within a relationship? What behaviours can build trust? What behaviours should we display to build relationships within school, family and society? Are online relationships the same? What strategies could we use to identify and reduce risk from people online we do not know? How can we get help?**
- Lego therapy – build on team working skills, active listening and clear communication

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Lesson Objective - Positive relationship and consent

R3. About the similarities, differences and diversity among people of different race, culture, ability, sex, gender identity, age and sexual orientation

R5. To recognise that sexual attraction and sexuality are diverse

R6. That marriage is a legal, social and emotional commitment that should be entered into freely, and never forced upon someone through threat or coercion

R24. That consent is freely given; that being pressurised, manipulated or coerced to agree to something is not giving consent, and how to seek help in such circumstances

R26. How to seek, give, not give and withdraw consent (in all contexts, including online)

	<p>Activities</p> <ul style="list-style-type: none"> • Student led discussion – Teacher prompts – do our similarities and diversity impact friendships e.g race, culture, ability, sex, gender, age? What is sexuality? What is sexual attraction? Should you be forced to marry someone (discuss should be legal, social, emotional commitment to make it positive and should be entered into freely) What is consent? How can we show consent? How can we seek help if we feel pressured into doing something e.g. To say something horrible to someone else in the class? How can we not give or withdraw consent? How about online? • Scenarios activity – Example; Kerry was being told over snapchat she should send a horrible message to another girl from school, Kerry does not want to do this but is being pressured by Tina to do so, What should she do?
6	<p>Lesson Objective - Breakdown in relationships R21. how to manage the breakdown of a relationship (including its digital legacy), loss and change in relationships R22. the effects of change, including loss, separation, divorce and bereavement; strategies for managing these and accessing support</p> <p>Activity</p> <ul style="list-style-type: none"> • Discussion around breakdown of relationships – friendships, marriages, loss, separation, divorce and bereavement – student led <p>Watch bbc bitesize clips - https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2-friendship-struggles/zbpvcqt</p>
7	<p>Lesson Objective - Online relationships R29. the impact of sharing sexual (inappropriate) images of others without consent R30. how to manage any request or pressure to share an image of themselves or others, and how to get help R37. the characteristics of abusive behaviours, such as grooming, sexual harassment, sexual and emotional abuse, violence and exploitation; to recognise warning signs, including online; how to report abusive behaviours or access support for themselves or other</p> <p>Activity</p> <ul style="list-style-type: none"> • Discussion