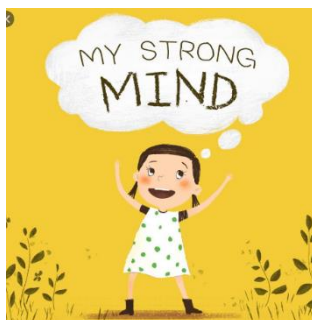


## Year 5 Jigsaw Puzzle 4 – Healthy Me

### What it looked like last year...

- Healthier friendships
- Group dynamics
- Smoking
- Alcohol
- Assertiveness
- Peer pressure
- Celebrating inner strength



### What it looks like next year...

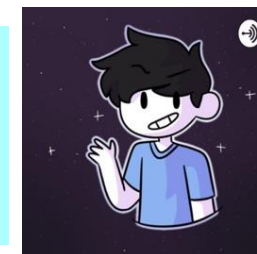
- Taking personal responsibility
- How substances affect the body
- Exploitation, including 'county lines' and gang culture
- Emotional and mental health
- Managing stress

### Vocabulary (definitions)

Piece 1	Piece 2	Piece 3	Piece 4	Piece 5	Piece 6
Choices	Choices	Emergency	Body image	Body image	Debate
Healthy behaviour	Healthy behaviour	Procedure	Media	Eating problem	Opinion
Unhealthy behaviour	Unhealthy behaviour	Recovery position	Social media	Eating disorder	Fact
Informed decision	Informed decision	Calm	Celebrity	Respect	Choices
Pressure	Pressure	Level-headed	Altered	Pressure	Healthy lifestyle
Media	Influence		Self-respect		Motivation
			Comparison		

### Sequence of Learning

1. Smoking (F)
2. Alcohol (F)
3. Emergency Aid (E)
4. Body Image (S) (F)
5. My Relationship with Food (S) (F)
6. Healthy Me (S) (F)



### Cultural Capital

- To be able to make healthy choices.
- The real life knowledge that links is: to identify emergency aid procedures.
- The jobs it can be used in are: all jobs – understanding how pressure can lead to people making unhealthy choices.

### Key Concept Links

- **Self-Belief and Self-worth (S)**
- **Empathy (E)**
- **Recognising, Understanding, and Managing Feelings. (F)**