

## Year 5 Jigsaw PSHE content Spring Term

During the Spring Term, we will be covering the Jigsaw themes ‘**Dreams and Goals**’ and ‘**Healthy Me**’.

### Spring 1: Dreams and Goals

#### **Questions discussed**

- Why is it important to have dreams and goals?
- Do dreams and goals need money to achieve them?
- What would I like my life to be like when I am a grown up?
- What range of jobs do people do and how does this affect how much they earn?
- Why should all jobs be valued for their contribution to society?
- What job would I like to do when I grow up? Why am I motivated by it?
- What might the dreams and goals be of children from another country and culture? How are they the same or different to my own?
- Do you think the world offers fair opportunities to all?
- Why might we have different opportunities to children who live in the developing world?

#### **Vocabulary**

dream, hope, job, career, goal, determination, perseverance, motivation, profession, salary, achievement, money, lifestyle, culture, country, aspiration, sponsorship

### Spring 2: Healthy Me

#### **Questions discussed**

- **What are the health risks of smoking and how does it affect the lungs, liver and heart?**  
This will cover parts of the body that can be affected alongside exploring how the media represent smoking and the messages that children come in to contact with.
- **What are some of the risks that come with misusing alcohol?**  
This will cover some of the effects on the body e.g. liver and other impacts such as anti-social behaviour exploring how people may behave differently when under the influence of alcohol.
- **How can I get help in an emergency? What would be a basic first aid response?**  
This will include children learning how to contact emergency services, strategies for remaining calm and how to place a person in the recovery position.
- **How does the media, social media and celebrity culture represent body image? Why is it important my own body image is positive?**  
This will include discussion of photo-shopping and of how people can alter how they represent their lives online.
- **What role does food play in people’s lives? What is an eating disorder?**  
This will include discussion of positive, healthy relationships with food and how, very rarely, this relationship can become very difficult and lead to a person developing an eating disorder.
- **What makes a healthy lifestyle?**  
This will be in the form of a debate: ‘Does the media promote healthy lifestyle choices?’

#### **Vocabulary**

choices, healthy and unhealthy decisions, informed choice, pressure, body image, eating disorder, self-esteem, media, social media, celebrity, smoking, alcohol, anti-social behaviour