

Year 3/4/5/6	Term: Spring 2	Subject: PSHE (My Healthy Lifestyle)	
Key Vocabulary: Relax Meditate Breath Breathe Focus Amygdala Prefrontal cortex Cortisol Hippocampus Frontal lobe Temporal lobe Cerebrum Cerebellum Brain stem Thalamus Hypothalamus	Key Questions: <b>How does this make you feel?</b> <b>How would you describe yourself?</b> <b>What could you do in this situation?</b> <b>How could you prevent this from happening?</b> <b>What is self esteem?</b> <b>What are mental health problems?</b>	Resources Yoga poses poster and power point YouTube for relaxing music Brain activity sheet	Cross-curricular links:
National Curriculum Objectives:			

Essential Skills and Attributes			
Personal Effectiveness	Interpersonal and social effectiveness	Managing risk and decision making	
1. Self-improvement (including through constructive self-reflection, seeking and utilising constructive feedback and effective goal-setting) 3. Resilience (including self-motivation, perseverance and adaptability) 4. Self-regulation (including promotion of a positive, growth mind-set and managing strong emotions and impulses) 5. Recognising and managing peer influence and the need for peer approval, including evaluating perceived social norms 6. Self-organisation (including time management) 7. Strategies for identifying and accessing appropriate help and support 8. Clarifying own values (including reflection on the origins of personal values and beliefs) and re-evaluating values and beliefs in the light of new learning, experiences and evidence 9. Recalling and applying knowledge creatively and in new situations 10. Developing and maintaining a healthy self-concept (including self-confidence, realistic self-image, self-worth, assertiveness, self-advocacy and self-respect)	1. Empathy and compassion (including impact on decision-making and behaviour) 2. Respect for others' right to their own beliefs, values and opinions 3. Discernment in evaluating the arguments and opinions of others (including challenging 'group think') 4. Skills for employability, including <ul style="list-style-type: none"> <li>• Active listening and communication (including assertiveness skills)</li> <li>• Team working</li> <li>• Negotiation (including flexibility, self-advocacy and compromise within an awareness of personal boundaries)</li> <li>• Leadership skills</li> <li>• Presentation skills</li> </ul> 5. Enterprise skills and attributes (e.g. aspiration, creativity, goal setting, identifying opportunities, taking positive risks) 6. Recognising, evaluating and utilising strategies for managing influence 7. Valuing and respecting diversity 8. Using these skills and attributes to build and maintain healthy relationships	1. Identification, assessment and management of positive and negative risk to self and others 2. Formulating questions (as part of an enquiring approach to learning and to assess the value of information) 3. Analysis (including separating fact and reasoned argument from rumour, speculation and opinion) 4. Assessing the validity and reliability of information 5. Identify links between values and beliefs, decisions and actions 6. Making decisions	
Most children will be able to:	Some children will be able to:	Some children will have developed further and will be able to:	
Progression of Skills (Y3/4)		Progression of Skills (Y5/6)	
Planned Learning Experiences:		Assessment Opportunities and Learning Outcomes:	
Session 1 The Brain			
Learning Objective: I can name the areas of the brain; I can describe the function of some areas of the brain			
Activity: Areas of the brain and their roles			
Session 2 self-help activities to calm down and stimulate the brain			
Learning Objective: I know that meditation and yoga are self-help techniques that help me look after my wellbeing; I can practise some basic meditation and yoga skills			

Activity: Meditation and 4 yoga poses	
Session 3 self-help activities to calm down and stimulate the brain	
Learning Objective: I know that meditation and yoga are self-help techniques that help me look after my wellbeing; I can practise some basic meditation and yoga skills Activity: Meditation and 4 yoga poses	
Session 4 self-help activities to calm down and stimulate the brain	
Learning Objective: I know that meditation and yoga are self-help techniques that help me look after my wellbeing; I can practise some basic meditation and yoga skills Activity: Meditation and 4 yoga poses	
Session 5	
Learning Objective: Activity:	