



PSHE/RSE CLASS 5 - AUTUMN 1 – Being My Best - Cycle B

Managing Risk, Aspirations and Goal Setting

<p>Substantive Knowledge –</p> <ul style="list-style-type: none"> I know how I can manage my wellbeing using the five ways to wellbeing. I know how I can overcome problems and challenges on the way to achieving my goals. 	<p>Markers for Assessment – Substantive Knowledge</p> <ul style="list-style-type: none"> I know how I can manage my wellbeing using the five ways to wellbeing. I know how I can overcome problems and challenges on the way to achieving my goals. 	<p>Below</p>	<p>Above</p>
<p>Disciplinary Knowledge</p> <ul style="list-style-type: none"> I can identify risk factors in a given situation I can assess the level of risk and explain how a risk can be reduced. I can set goals so that I can achieve an aspiration. 	<p>Markers for Assessment – Disciplinary Knowledge</p> <ul style="list-style-type: none"> I can give examples of risk factors in a given situation I can show how to assess the level of risk and explain how a risk can be reduced. I can set goals so that I can achieve an aspiration. 		
<p>Prior Substantive Knowledge</p> <ul style="list-style-type: none"> I know how one organ functions and how it contributes to the health of my body. I know how choices relating to smoking and drinking can affect a person's health. 	<p>Vocabulary Achievement, self-esteem, mutual respect, Eatwell plate, media influence, aspiration, sepsis</p>		
<p>Prior Disciplinary Knowledge</p> <ul style="list-style-type: none"> I can think of ways to improve a skill and the strategies that will help me do this. I can name several qualities that make people attractive that are nothing to do with how they look, but about how they behave. I can give examples of how I am independent and manage my own success. 	<p>SCARF Units to be Covered</p> <ul style="list-style-type: none"> This will be your life! Our recommendations What's the risk? (1) What's the risk? (2) Basic first aid, including Sepsis Awareness Five Ways to Wellbeing project 		
<p>Questions (potential 'hook' questions for lessons)</p> <ul style="list-style-type: none"> What are your aspirations? What do we mean by risk taking? Why is first aid important? Describe the star qualities of celebrities How do we keep ourselves safe? 	<p>Cross-Curricular/Enrichment</p> <ul style="list-style-type: none"> Online Safety – Computing First Aid Club Courageous Advocates – aiming high Aspirational Literature Science – the Eatwell Plate – healthy eating 		