

ALDER COPPICE PRIMARY SCHOOL UNIT OVERVIEW



Dreams and Goals Puzzle – Spring 1

About this Puzzle

Dreams and Goals helps pupils to learn how to and practice building their resilience, motivation and ambition. This Puzzle plays an important role in PSHE well beyond RSHE statutory guidance, helping children set goals, develop a growth mindset, and manage the emotions that come with both achievement and disappointment. Pupils consider wants and needs, explore jobs and careers, and learn how teamwork, enterprise and community participation can make a difference. Financial education is woven through, helping children understand how money, spending decisions and career choices shape the lives we build. As they progress, children examine how opportunities and barriers differ across cultures and develop empathy for those whose aspirations look very different from their own.

Dreams & Goals	Year 5
Taught knowledge	Knowledge • I understand that I will need money to help me achieve some of my dreams • I recognise that there are different ways that people's spending decisions can affect others and the environment, and that things have different values • I can explore a range of different jobs and think critically about the information I see about them online • I can describe the dreams and goals of young people in a culture different to mine • I understand that communicating with someone in a different culture means we can learn from each other and I can identify a range of ways that we could support each other • I can encourage my peers to support young people here and abroad to meet their aspirations, and suggest ways we might do this, e.g. through sponsorship
Social and Emotional skills	Social and Emotional Skills • I can identify what I would like my life to be like when I am grown up • I recognise that people have different attitudes towards saving and spending money, and towards risk • I can recognise my own strengths and qualities and understand that it's OK for my goals and identity to change as I grow • I can reflect on how these relate to my own • I appreciate the similarities and differences in aspirations between myself and young people in a different culture • I understand why I am motivated to make a positive contribution to supporting others

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Healthy Me Puzzle – Spring 2

About this Puzzle

Healthy Me covers both physical and emotional health, helping children understand how everyday choices affect their bodies and minds and how these two aspects are linked. Children learn about balanced diets, physical activity, rest, sleep, personal hygiene, dental health, sun safety and first aid, alongside the facts about drugs: starting with medicines and unknown substances moving to alcohol, tobacco and vaping and then illegal drugs. Equally important is the focus on emotional wellbeing: friendships, peer pressure, body image, relationships with food, and strategies for managing stress and anxiety. Safety education runs throughout, with the Safety STAR framework (Stop, Think, Assess, React) helping children identify hazards and manage risk across contexts including road, water, fire and rail safety. This Puzzle is where RSHE Health Education statutory guidance is most broadly represented, but Jigsaw ensures that the emotional and social learning is embedded, so building children's confidence, self-respect and agency to make informed, healthy choices for life.

Healthy Me

YEAR 5

Taught knowledge

Knowledge

- I know there are health risks with smoking and vaping and can tell you some of the ways that tobacco and nicotine are harmful to the body
- I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart
- I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations
- I understand how the media, social media and celebrity culture promotes certain body types
- I can describe the different attitudes people have to food and how these can be affected by external influences
- I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy

Social and Emotional skills

Social and Emotional Skills

- I can make an informed decision about whether or not I choose to smoke or vape and know how to resist pressure
- I can make an informed decision about whether or not I choose to drink alcohol and know how to resist pressure
- I know how to keep myself calm in emergencies
- I can reflect on my own body image and know how important it is that this is positive, and I accept and respect myself for who I am
- I respect and value my body
- I am motivated to keep myself healthy and happy