

<p><b>Year 5 Summer 1</b> How can drugs common to everyday life affect health?</p> <p><b>Theme :Health and wellbeing</b> Drugs, alcohol and tobacco; healthy habits</p>		
<p><b>PoS Core theme 1</b> <b>Health and wellbeing</b></p>	<p><b>Core theme 2</b> <b>Relationships</b></p>	<p><b>Core theme 3</b> <b>Living in the wider world</b></p>
<p><b>Healthy Lifestyles – physical wellbeing</b>  <b>H1.</b> how to make informed decisions about health  <b>H3.</b> about choices that support a healthy lifestyle, and recognise what might influence these  <b>H4.</b> how to recognise that habits can have both positive and negative effects on a healthy lifestyle  <b>Drugs, alcohol and tobacco</b>  <b>H46.</b> about the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break  <b>H47.</b> to recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others  <b>H48.</b> about why people choose to use or not use drugs (including nicotine, alcohol and medicines);  <b>H50.</b> about the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns</p>		
<p><b>Prior Learning:</b>  Y4 Summer 2 How can we manage risk in different places  Y3 Summer 2 Why should we eat well and look after our teeth  Y2 Summer 1 What helps us to grow and stay healthy  Y1 Spring 1 What helps us to stay healthy?</p>		

**End points :-**

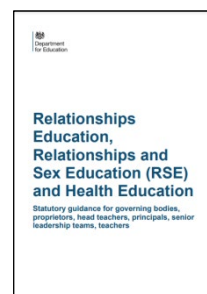
- how drugs common to everyday life (including smoking/vaping - nicotine, alcohol, caffeine and medicines) can affect health and wellbeing
- that some drugs are legal (but may have laws or restrictions related to them) and other drugs are illegal
- how laws surrounding the use of drugs exist to protect them and others
- why people choose to use or not use different drugs
- how people can prevent or reduce the risks associated with them
- that for some people, drug use can become a habit which is difficult to break
- how organisations help people to stop smoking and the support available to help people if they have concerns about any drug use
- how to ask for help from a trusted adult if they have any worries or concerns about drugs

**Key vocabulary**

Drugs  
Medicines  
Prevent  
Habit  
organisation

**Relationship education, relationships and Sex education RSE and Health education statutory guidance**

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>



**Relationship Education – graduated age appropriate programme links**

**Physical health and mental well being : Primary**

Drugs, alcohol and tobacco
Pupils should know Facts about legal and illegal harmful substances and associated risks – smoking, alcohol, drug taking

Citizenship	Character Education –	British values	Careers Curriculum
	<b>Penketh Powers</b> Resilience <b>Responsibility</b> Respectfulness Kindness:	<b>Rule of Law</b> Tolerance and respect Democracy Individual Liberty  Protected Characteristics Equality Act	

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	<p><b>Penketh School expectations</b></p> <p>Listen,</p> <p>Do as asked</p> <p>Work well with others</p> <p>Be the best you can be</p>		
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<p><b>Spiritual</b></p> <p>ability to be reflective about their own beliefs (religious or otherwise) and perspective on life</p> <p>knowledge of, and respect for, different people’s faiths, feelings and values</p> <p>sense of enjoyment and fascination in learning about themselves, others and the world around them</p> <p>use of imagination and creativity in their learning</p> <p>willingness to reflect on their experiences</p>	<p><b>Moral</b></p> <p>ability to recognise the difference between right and wrong and to readily apply this understanding in their own lives, recognise legal boundaries and, in so doing, respect the civil and criminal law of England</p> <p>understanding of the consequences of their behaviour and actions</p> <p>interest in investigating and offering reasoned views about moral and ethical issues and ability to understand and appreciate the viewpoints of others on these issues</p>	<p><b>Social</b></p> <p>use of a range of social skills in different contexts, for example working and socialising with other pupils, from different religious, ethnic and socio-economic backgrounds</p> <p>willingness to participate in a variety of communities and social settings, including by volunteering, cooperating well with others and being able to resolve conflicts effectively</p> <p>acceptance and engagement with the fundamental British values</p>	<p><b>Cultural</b></p> <p>understanding and appreciate the range of cultural influences that have shaped their own heritage and that of others</p> <p>understanding and appreciate the range of different cultures as an essential element of their preparation for life in modern Britain</p> <p>ability to recognise, and value, the things we share in common across cultural, religious, ethnic and socio-economic communities</p> <p>knowledge of Britain’s democratic parliamentary system and its role in shaping history and values, and continuing to develop</p> <p>willingness to participate positively to artistic, musical, sporting and cultural opportunities</p>
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			interest in exploring, improving understanding and respect for different faiths and cultural diversity and to understand, accept and respect diversity.
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**Sequence of lesson to follow**  
**Lesson Plans and resources DfE approved**

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<https://pshe-association.org.uk/hcms/mem/login?hsLang=en>

[Build your programme \(pshe-association.org.uk\)](https://pshe-association.org.uk)

*PSHE Association power points, resources linked to topic – click on the purple links to download*

*NB: You will need to be logged in to the PSHE Association to access resources*

<p><b>Summer 1</b> How can drugs common to everyday life affect health?</p>	<p><b>Health and wellbeing</b> Drugs, alcohol and tobacco; healthy habits  PoS refs: H1, H3, H4, H46, H47, H48, H50</p>	<ul style="list-style-type: none"> <li>• how drugs common to everyday life (including smoking/vaping - nicotine, alcohol, caffeine and medicines) can affect health and wellbeing</li> <li>• that some drugs are legal (but may have laws or restrictions related to them) and other drugs are illegal</li> <li>• how laws surrounding the use of drugs exist to protect them and others</li> <li>• why people choose to use or not use different drugs</li> <li>• how people can prevent or reduce the risks associated with them</li> <li>• that for some people, drug use can become a habit which is difficult to break</li> <li>• how organisations help people to stop smoking and the support available to help people if they have concerns about any drug use</li> <li>• how to ask for help from a trusted adult if they have any worries or concerns about drugs</li> </ul>	<p><a href="#">1decision - Keeping/staying healthy (E)</a>  <a href="#">PSHE Association - Drug and Alcohol Education (Year 5-6)</a></p>
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