

Year 5 Autumn 1 PSHE



Physical Health

Big Question

Can the media hurt our self esteem?

Key vocabulary

Learning behaviours

Resilience

Perseverance

Independence

Media

Social Media

Appearance

Role model

Celebrities

Powerful knowledge/skills for this unit:

Pupils learn that messages given on food adverts can be misleading

Pupils

- know that food and drink adverts can use misleading marketing messages in order to make a product seem more healthy for consumers
- are able to compare the health benefits of a food or drink product in comparison with an advertising campaign

identify advertising as one influence on people's choices about food and drink

Pupils learn about role models

Pupils

- are able to analyse how the media portray celebrities
- recognise that celebrities can be presented as role models and that they may be a good or not-so-good role model for young people
- can explain why we need to be cautious about things we see, hear or read about in the media

Pupils learn about how the media can manipulate images and that these images may not reflect reality

Pupils

- understand that images can be changed or manipulated by the media and how this can differ from reality
- can describe how the media portrayal might affect people's feelings about themselves

Stem Questions

- I felt this emotion when...
- I am feeling...
- I think people might agree/disagree because...
- We are learning about xxxx today, is there anything you would like to know?
- Do you know where to go if you feel worried about anything we have discussed in this lesson?
- How do we respond if we disagree with someone else's opinion in this lesson?
- How do you want to feel during this lesson?