

Healthy me - PSHCE



Sticky learning

New Knowledge

I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.
I know some of the risks with misusing alcohol including anti-social behaviour, and how it affects the liver and heart
I know that smoking and alcohol misuse is unhealthy.
I know the short term and long term damage of smoking and alcohol misuse
I know how to keep myself calm in Emergencies
I know about the practice of basic emergency aid procedures (including recovery position)
I know how to get help in emergency situations
I know how important it is that my body image is positive
I know the different roles food can play in people's lives and what makes a healthy lifestyle including healthy eating
I know about eating problems (disorders) relating to body image pressures

New Skills

I can explain different roles that food and substances can play in people's lives.
I can also explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy.
I can summarise different ways that I respect and value my body.
I can reflect on my own body image
I respect and value my body
I am motivated to keep myself healthy and happy
I can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations

Prior knowledge

REC- To know how to keep myself clean and can how to get ready for school.
 To know which foods are healthy and not so healthy and can make healthy eating choices
 To know how to help myself go to sleep and understand why sleep is good for me
YR1- To know some ways to keep myself healthy
 To know how to make healthy lifestyle choices
 To know that all household products including medicines can be harmful if not used properly
 To know how to be a good friend and enjoy healthy friendships
YR2- To know what I need to keep my body healthy
 To know how to make healthy lifestyle choices.
 To know how to be physically active and why this is good for my body.
 To know some things that make me feel relaxed and some that make me feel stressed
YR3- To know how exercise affects my body
 To know why my heart and lungs are such important organs and what their roles are inside the body.
 To know how different food groups, vitamins and minerals help my body during exercise.
 To know how to take responsibility for keeping myself and others safe
YR4- To know the facts about smoking and the effects on health.
 To know the facts about alcohol and the effects on health, particularly the liver.
 To know how to act assertively to resist pressure from myself and others.
 To know myself well enough to have a clear picture of what I believe is right and wrong

New concepts

I understand the need to make an informed decision about whether or not I choose to smoke/drink alcohol and know how to resist pressure
I understand that people choose to drink alcohol for socialising and can be responsible.
I understand what alcohol misuse is and the impact this can have on their bodies and people around them.
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 understand how people can develop eating problems (disorders) relating to body image pressures
I understand the choices I need to make to be healthy and happy



Thinking/discussion questions

How do you show respect for your body?

Are the things we see and read about in the media always true?

What helps you make an informed choice?

What does it mean to misuse alcohol?

What have you learnt about alcohol and its effects?

How can it help to be calm in certain situations?

Why is it important to think quickly and calmly in an emergency situation?

How might you feel after being in an emergency situation?

Vocabulary

Choices. healthy behaviour, unhealthy behaviour, informed decision, pressure, media, influence, emergency procedure, recovery position, calm, level-headed,