



Welton Primary School — PSHE Knowledge Organiser

Year: 5

Spring 2

Healthy Me



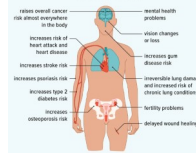
Jigsaw!

Hello, My name is Jigsaw Jez

PSHE Puzzle Piece Vocabulary

Altered	Changed.
Body image	How you see yourself.
Celebrity	A famous person.
Choices	Choosing (between two or more things)
Comparison	To look at the similarities and differences between two or more things or people.
Debate	A formal discussion about a particular subject.
Eating disorder	A mental illness surrounding food and eating habits.
Eating problem	Abnormal eating habits .
Emergency	An unexpected and dangerous situation.
Healthy behaviour	Activities that keep or make your body healthy
Healthy lifestyle	A way of living that lowers the risk of being unhealthy .
Influence	Being able to have an effect on something or someone.
Informed decision	A decision based on information and facts
Level-headed	Calm and sensible.
Media	Ways to communicate with a lot of people altogether
Motivation	A desire to do something
Opinion	A personal view or judgement about something or someone.
Pressure	To persuade somebody.
Procedure	A way of doing something.
Recovery position	A first-aid position used to stop someone choking.
Respect	To appropriately consider the feelings, wishes or rights of others.
Self-respect	Confidence in yourself.
Social Media	Websites and apps used to network and share content,
Unhealthy behaviour	Activities that can make your body unhealthy over time.

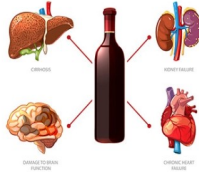
Effects of Smoking on the Body



Risks of Smoking

I know that I can share and express what I know about smoking and tobacco. I know how smoking can affect my body. I can explain why I think some people can give up and some can't. I can share the effects of smoking on parts of the body.

Effects of Alcohol



I know that I can share and express what I already know about alcohol. I can explain how people might feel if they have drunk too much and the effect on the body. I know that it is OK to have a drink and can compare this to the misuse of alcohol. I know what an informed decision is and how I can make one.

Basic First Aid



I know a range of basic first aid skills and how and when to administer them. I can explain why it is important to think calmly and quickly in an emergency situation. I can say what skills are useful in an emergency situation. I can tell you when I would use the recovery position .

Body Image and Media



I know how important it is to be positive about myself and my body image. I can explain why people look different. I can share my ideas as to why people want to look different. I can explain why altered images look different and the impact it can have on people. I can

Happy, Healthy Lifestyles



I know this includes my relationship with others, the food I eat and how I feel about myself. I know that some people choose not to be healthy and can give reasons why people choose to be healthy. I can explain how people are motivated.

Questions to Support Learning

- What are the risks of smoking / misusing alcohol?
- What emergency procedures have you learnt?
- How do you contact the police / ambulance service / fire department?
- Why do some people have eating problems?
- Can you tell me about a time when someone tried to make you do something you didn't want to?
- What can you do if a group of children are trying to convince you to do something you don't want to do or know you shouldn't do?
- What do you enjoy about how we try to keep healthy in our family?
- Are there ways we could be healthier?
- Does Calm Me time help you to stay calm?

