



# Year 5 – PSHE KCV – Healthy Me



## Key skills to learn:

- Know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.
- Understand some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart.
- Make an informed decision about whether or not I choose to smoke or drink alcohol and know how to resist pressure.
- Know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help/ be calm in emergencies.
- Understand how the media and celebrity culture promotes certain body types and ensure I accept, value and respect myself for who I am.
- Understand and explore eating problems (disorders) relating to body image pressures.

## Concept check questions. Test yourself:

- How do you show respect for your body?
- Do you think it is better to know the facts before you make a decision?
- What does it mean to 'misuse' alcohol?
- What helped you make an informed decision?
- Why is it important to think quickly and calmly in an emergency situation?
- What skills are useful in an emergency situation?
- Why is it important to keep motivated about having a healthy lifestyle?

## Words to know and spell (Tier 2 Vocabulary)

Value	Embarrassed	Assertive
Leader	Follower	Pressure
Guilt	Advice	Peers
Healthy	Emergency	Respect
Value	Embarrassed	Assertive

## Words to understand and spell (Tier 3 Vocabulary)

<b>Informed</b>	Having or showing knowledge of a subject or situation.
<b>Misusing</b>	Use in the wrong way/purpose or treat badly/unfairly.
<b>Aggressive</b>	Likely to attack or confront, behaving in a forceful way.
<b>Intimidating</b>	Having a frightening or threatening effect.
<b>Anti-social</b>	Behaving in a way causing annoyance and disapproval in others.
<b>Level-headed</b>	Behaving in a calm and sensible manner, practical, realistic, unflappable and together.
<b>Procedure</b>	A series of actions conducted in a certain order or manner.
<b>Recovery-position</b>	A position used in first aid to prevent choking in unconscious patients, body is placed on side and supported by limbs.
<b>Self-respect</b>	Having pride and confidence in yourself, behaving with dignity.
<b>Body Image</b>	How you feel about your appearance or how others present.
<b>Media</b>	The main means of communicating – tv, broadcasting, internet.
<b>Convince</b>	Persuade to do something, believe firmly in something.

## SMSC Links:

*Social – Use of emergency life skills in a range of social situations to help and support the community.*

*Moral – Ability to make informed decisions, resisting pressure and considering the wider impact on my health and well-being due to my actions.*

*Spiritual – Motivation to keep healthy and a positive perspective on life.*

*Cultural – Celebrate diversity and cultural differences; respect self and others.*