

PSHE Year 5 Spring 2 – Healthy me



PSHE

Powerful knowledge/skills for this unit:

Knowledge

I will:

- know there are health risks with smoking and vaping and can tell you some of the ways that tobacco and nicotine are harmful to the body
- know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart
- know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations
- understand how the media, social media and celebrity culture promotes certain body types
- describe the different attitudes people have to food and how these can be affected by external influences
- know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy

Social and emotional skills

I will:

- make an informed decision about whether or not I choose to smoke or vape and know how to resist pressure
- I can make an informed decision about whether or not I choose to drink alcohol and know how to resist pressure
- I know how to keep myself calm in emergencies
- 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 respect and value my body
- I am motivated to keep myself healthy and happy

Key vocabulary

Addicted, alcohol, altered, body image, calm, celebrity, choices, comparison, debate, emergency, fact, healthy behaviour, healthy lifestyle, informed decision, influence, level-headed, media, motivation, nicotine, obesity, opinion, pressure, procedure, recovery position, self-respect, smoking, social media, tobacco, unhealthy behaviour, vaping

Big Question:

How do you respect and value your body?

The zones of regulation



By the end of this topic...

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.

Mindmate Monday lesson

MindMate

Year 5 Spring 1: Strong emotions

Lesson focus: Strong emotions and mental health and know what mental health is

Pupils should have the opportunity to... understand what is meant by mental health I know that anyone can be affected by poor mental health I know what people can do to support their mental health, including where they can get help. To use appropriate language to describe mental health I can use strategies to support good mental health I can recognise the link between strong emotions and mental health