


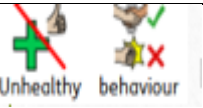












Year 5/6 PSHE – Knowledge organiser

HEALTHY ME

	A decision made by an individual after acquiring adequate knowledge about the subject and considering their attitudes, values, and preferences		Healthy behaviour	Health-related practices, such as diet and exercise, that can improve or damage the health of individuals or community members.
 Recovery position	A position used in first aid to prevent choking in unconscious patients, in which the body is placed facing downwards and slightly to the side, supported by the bent limbs.		Unhealthy behaviour	Habits that could be detrimental to your physical and mental wellbeing
 Level headed	Calm and sensible		Emergency procedure	A plan of actions to be conducted in a certain order or manner, in response to a specific class of reasonably foreseeable emergency.
 Motivation	A reason or reasons for acting or behaving in a particular way.		Pressure	A group that tries to influence public policy in the interest of a particular cause
 self respect	Pride and confidence in oneself; a feeling that one is behaving with honour and dignity.		Media	The main means of mass communication (broadcasting, publishing, and the internet) regarded collectively.
 Safe	Not exposed to danger or risk.		Substances	A particular kind of matter with uniform properties.
 Celebrity	A famous person		Harmful medicines	A medicine that can cause harm or be abused if not used properly

In each school year of Jigsaw we solve 6 Puzzles



Being Me in My World
Celebrating Difference
Dreams and Goals
Healthy Me
Relationships
Changing Me

We will explore one each half term.



Curricular Goals: PSHE Education (Developed from National Framework DfEE 2000)

- I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.
- I understand some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart.
- I can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situation.
- I understand how the media and celebrity culture promote certain body type.
- I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures
- I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy.

Emotional Literacy/Social Skills (Developed from SEAL - Social and Emotional Aspects of Learning DfES 2004)

- I can make an informed decision about whether or not I choose to smoke 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 to accept and respect myself for who I am
- I can respect and value my body.
- I can be motivated to keep myself healthy and happy