













Healthy Me

 Healthy	Feeling well and strong in your body and mind.	 Value	Something that is important to you.
 Exercise	Moving your body to stay fit, like running or playing.	 Disease	An illness that makes your body not work properly.
 Choices	Decisions you make about what to do.	 Assertive	Speaking up calmly and confidently for yourself.
 Behaviour	The way you act and treat others.	 Opinion	What you think or believe about something.
 Feelings	Emotions like happy, sad, angry, or excited.	 Alcohol	A drink that can change how your body and brain work.
 Balanced	Having the right number of different things, not too much or too little.	 Liver	An organ inside your body that helps clean your blood.

SUBSTANTIVE KNOWLEDGE:

I KNOW THAT

A healthy lifestyle includes balanced nutrition, exercise, rest and hygiene
 The body and brain are connected
 Alcohol and tobacco can be harmful and should be avoided or used responsibly (medicine)
 Peer pressure can influence choices

The heart, liver and lungs are vital organs affected by lifestyle choices
 Personal safety includes knowing how to respond in risky situations

DISCIPLINARY KNOWLEDGE:

I KNOW HOW TO

Evaluate my own lifestyle choices and identify areas of improvement
 Recognise internal and external influences on their health-related decisions
 Use decision-making strategies to assess risk and make safe choices
 Communicate assertively when faced with peer pressure or unsafe situations
 Apply knowledge of body systems to understand how health habits affect physical wellbeing
 Reflect on emotional triggers
 Discuss and debate health-related scenarios using evidence and empathy

KEY VOCABULARY:

Healthy, exercise, choices, behaviour, balanced, feelings, pressure, assertive, opinion, alcohol, liver, disease, value.

