













## Healthy Me

 Anti social	Acting in a way that upsets or harms others.	 Stress	Feeling worried or under pressure.
 CPR	Helping someone breathe and keep blood moving when their heart stops.	 Pressure	When you feel pushed to do something.
 Mood	How you feel, like happy, calm, or grumpy.	 Recovery position	A safe way to lie someone on their side to help them breathe.
 Diet	The food and drink you have each day.	 Drugs	Substances that can change how your body or brain works.
 Mental health	How your mind feels and works.	 Motivation	The reason you want to do something.
 Emotional health	How well you understand and handle your feelings.	 Responsible	Doing the right thing and staying safe.

### SUBSTANTIVE KNOWLEDGE:

#### I KNOW THAT:

- A healthy lifestyle includes balanced nutrition, exercise, rest and hygiene
- The body and brain are connected
- Drugs, alcohol and tobacco can be harmful and should be avoided or used responsibly (medicine)
- Peer pressure can influence choices
- The heart and lungs are vital organs affected by lifestyle choices
- Sleep and relaxation are essential for physical and emotional health
- Personal safety includes knowing how to respond in risky situations
- First aid basics such as how to get help in an emergency

### 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
- Practice basic first aid responses
- Discuss and debate health-related scenarios using evidence and empathy

### Vocabulary

Misuse, Anti-social, Responsible, Emergency, Mental health, Emotional health, stress, triggers, pressure, symptoms, recovery position, CPR, Drugs, effects, motivation, mood, diet.

