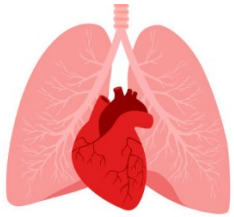
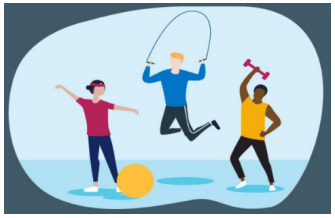
Knowledge Mat – Healthy Me

Subject Specific Vocabulary	
heart	A muscular organ that pumps
lungs	Organs used for breathing.
exercise	Activity requiring physical effort to improve health and fitness.
organs	A group of different tissues that work together to perform a specific function.
drugs	Chemicals or substances that change the way the body works.
fitness	The general state of health and well-being to perform physical activities.
anxious	A feeling of worry, nervousness and unease about something.
harmful	Causing or likely to cause harm.
complex	Consisting of many different and connected parts.
appreciate	To recognise the full worth of something.









Sticky Knowledge

I know how exercise affects my body.

I know why my heart and lungs are such important organs.

I can demonstrate my knowledge and attitude towards drugs.

I know people, things and places that I need to keep safe from.

I know some strategies for keeping myself safe.

I know who I can go to for help.

I know that some medicines and household substances can be harmful if not used correctly.

I know how complex my body is and why it is important to take care of it.

Crucial Connections

https://www.bbc.co.uk/bitesize/topics/z2gg87h

Aspirations

Nurse, Health advisor, Fitness instructor

Important facts to know before the end of this PSHE topic.

- The importance of healthy, balanced diets
- The importance of being physically active
- Keep myself and others safe
- Enjoy and maintain healthy friendships
- Keep calm in difficult situations