KS2-Knowledge Mat- PSHE- Healthy Me

Subject Specific Vocabulary	
choices	An act of choosing between one or more possibilities.
unhealthy behaviour	Behaviour which is harmful to physical or mental health.
healthy behaviour	Behaviour that improves health and well-being.
Informed decision	A decision based on facts or information.
pressure	The use of persuasion or intimidation to make someone do something.
emergency	A serious, unexpected and often dangerous situation requiring immediate action.
procedure	An established or official way of doing something.
calm	Not showing or feeling nervousness, anger or other strong emotions.
Level-headed	Being calm and sensible.
Self-respect	Having pride and confidence in oneself.
Recovery position	A position in which unconscious people are laid on the floor to prevent further risk.
Body image	How we think and feel about ourselves physically, and how we believe others see us.

Sticky Knowledge

I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.

I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart

I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations

I understand how the media and celebrity culture promotes certain body types

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

Aspirations

PSHE teacher
Support worker
Social worker
Mental health worker

Important skills to have by the end of this PSHE Topic:

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 I accept and respect myself for who I am

I respect and value my body

I am motivated to keep myself healthy and happy

Recommended Reads



Crucial Connections

Recovery position clip St John Ambulance website:
www.sja. org.uk/sja/first-aid-advice/videos. aspx?m=ry347juq2g