Knowledge Mat- LKS2 PSHE – 'Healthy Me'

Subject Specific Vocabulary	
Friendship	A state of enduring affection, esteem, intimacy, and trust between two people.
Emotions	A strong feeling deriving from one's circumstances, mood, or relationships with others – able to control own emotions
Peer pressure	Feeling like you have to do something because people around you want you to or expect you to
Assertive	Having or showing a confident and forceful personality.
Opinion	A view or judgement formed about something, not necessarily based on fact or knowledge.
Guilt	The fact of having done something wrong and especially something that is punishable by law
Anxiety	A feeling of unease, such as worry or fear, that can be mild or severe
Inner strength	Integrity of character; resoluteness of will; mental resistance to doubt or discouragement.
Substance	A particular kind of matter with uniform properties.
Perseverance	Persistence in doing something despite difficulty or delay in achieving success













Important facts to know by the end of the PSHE topic:

-Can identify the feelings that they have about their friends and different friendship groups

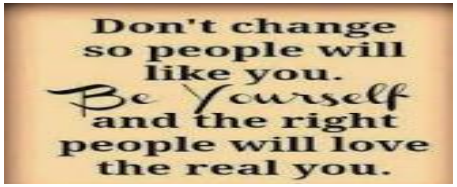
- Can recognise how different people and groups they interact with impact on them

-Can identify which people they most want to be friends with

-Can recognise negative feelings in peer pressure situations

-Can identify the feelings of anxiety and fear associated with peer pressure

-Can tap into their inner strength and know how to be assertive.



Sticky Knowledge

- ❑ I Know how different friendship groups are formed and how they fit into them
- ❑ Know that they can take on different roles according to the situation
- ❑ Know the facts about smoking and its effects on health
- ❑ I know the different food types, balanced diet and how to be healthy
- ❑ Know some of the reasons some people start to smoke
- ❑ Know the facts about alcohol and its effects on health, particularly the liver
- ❑ Know some of the reasons some people drink alcohol
- ❑ Know ways to resist when people are putting pressure on them
- ❑ Know what they think is right and wrong
- ❑ Know which friends they value most