

Prior Learning (Skills)

Identify the feelings that they have about their friends and different friendship groups

Recognise how different people and groups they interact with impact on them

Identify which people they most want to be friends with

Recognise negative feelings in peer pressure situations

Can identify the feelings of anxiety and fear

Prior Learning (Knowledge)

Know how different friendship groups are formed and how they fit into them

Know which friends they value most

Know that there are leaders and followers in groups

Know that they can take on different roles according to the situation

Know the facts about smoking and its effects on health

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

Key Skills

Can make informed decisions about whether or not they choose to smoke when they are older

Can make informed decisions about whether they choose to drink alcohol when they are older

Recognise strategies for resisting pressure

Can identify ways to keep themselves calm in an emergency

Can reflect on their own body image and know how important it is that this is positive

Accept and respect themselves for who they are

Respect and value their own bodies

Be motivated to keep themselves healthy and



Year 5 - PSHE Healthy Me



Jiggy Jem

Journal

Mindfulness

Jerrie Cat's 'paws'

Key knowledge

Know the health risks of smoking

Know how smoking tobacco affects the lungs, liver and heart

Know some of the risks linked to misusing alcohol, including antisocial behaviour

Know basic emergency procedures including the recovery position

Know how to get help in emergency situations

Know that the media, social media and celebrity culture promotes certain body types

Know the different roles food can play in people's lives and know that people can develop eating problems / disorders related to body image pressure

Know what makes a healthy lifestyle

Vocabulary

choice	an act of choosing between two or more possibilities.
healthy	in a good physical or mental condition; in good health
unhealthy	harmful to health.
informed decision	a decision based on facts or information
pressure	the use of persuasion or intimidation to make someone do something.
media	the main means of mass communication (broadcasting, publishing, and the internet)
influence	the capacity to have an effect on the character, development, or behaviour of someone or something
emergency	a serious, unexpected, and often dangerous situation requiring immediate action.
recovery position	a position used in first aid to prevent choking in unconscious patients, in which the body is placed facing downwards and slightly to the side, supported by the bent limbs.
calm	not showing or feeling nervousness, anger, or other strong emotions.
body image	is a person's perception of the their own body
social media	Social media is computer-based technology that facilitates the sharing of ideas, thoughts, and information
eating disorder	any of a range of psychological disorders characterized by abnormal or disturbed eating habits (such as anorexia nervosa)
respect	a feeling of deep admiration for someone or something elicited by their abilities, qualities, or achievements.
debate	a formal discussion on a particular matter in a public meeting
opinion	a view or judgement formed about something, not necessarily based on fact or knowledge
fact	a thing that is known or proved to be true.
motivation	a reason or reasons for acting or behaving in a particular way.
self respect	pride and confidence in oneself
level headed	calm and sensible.