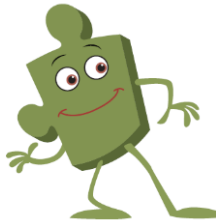




Year:	Year 5	Unit:	Healthy Me
What will I learn this year? - Know the health risks of smoking - Know how smoking tobacco affects the lungs, liver and heart - Know some of the risks linked to misusing alcohol, including antisocial behaviour - Know basic emergency procedures including the recovery position - 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			
			
Key Vocabulary		What should I already know?	
Choices, Healthy behaviour, Unhealthy behaviour, Informed decision, Pressure, Media, Influence, Emergency, Procedure, Recovery position, Calm, Level-headed, Body image, Media, Social media, Celebrity, Altered, Self-respect, Comparison, Eating problem, Eating disorder, Respect, Debate, Opinion, Fact, Motivation.	In this Puzzle the class look at the risks linked to smoking and how this affects the lungs, liver and heart. They do the same with the risks associated with alcohol misuse. They are taught a range of basic emergency procedures (including the recovery position) and learn how to contact the emergency services when needed. The children look at how body types are portrayed in the media, social media and celebrity culture. They also talk about eating disorders and people's relationships with food and how this can be linked to negative body image pressures	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 - Know ways to resist when people are putting pressure on them - Know what they think is right and wrong	
		What will I learn next? Know how to take responsibility for their own health Know how to make choices that benefit their own health and well-being Know about different types of drugs and their uses Know how these different types of drugs can affect people's bodies, especially their liver and heart Know that some people can be exploited and made to do things that are against the law Know why some people join gangs and the risk that this can involve Know what it means to be emotionally well Know that stress can be triggered by a range of things Know that being stressed can cause drug and alcohol misuse	