

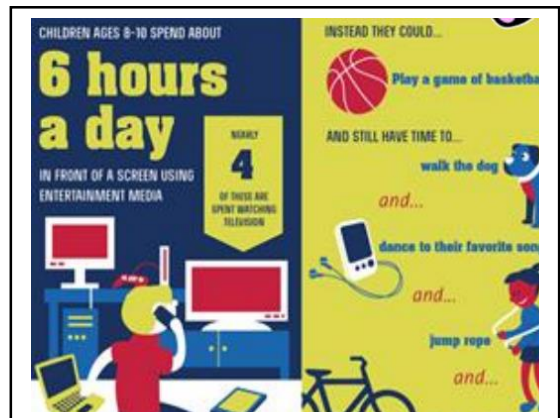
UKS2 PSHE Knowledge Organiser

Year: 5 Term: 4

Focus - Healthy Me

National Curriculum Objectives

- 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

Word	Meaning
Eating disorder	Abnormal or disturbed eating habits.
Social media	Websites and applications that enable users to create and share information
Body image	Is the feeling that a person has of their physical self and the thoughts and feelings that result from that perception.

Sticky Knowledge:

There is no such thing as 'the perfect body'. People come in all different shapes and sizes.

The recovery position can help to save someone's life.

Call 999 if there is an emergency or tell a responsible adult.

On average, children aged between 7-12 need around 10 - 11 hours of sleep each night.