

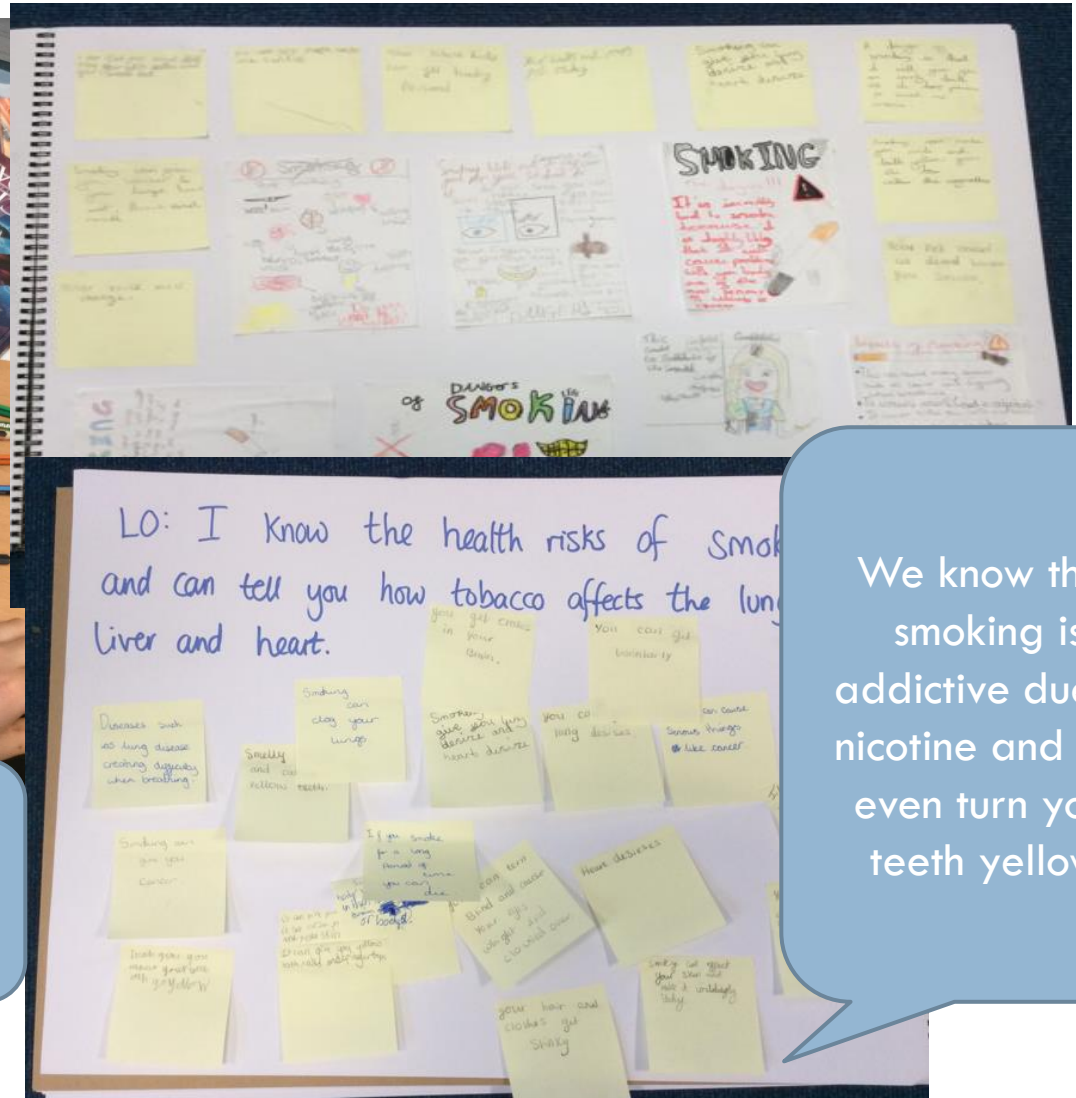
PSHE

Healthy Me

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



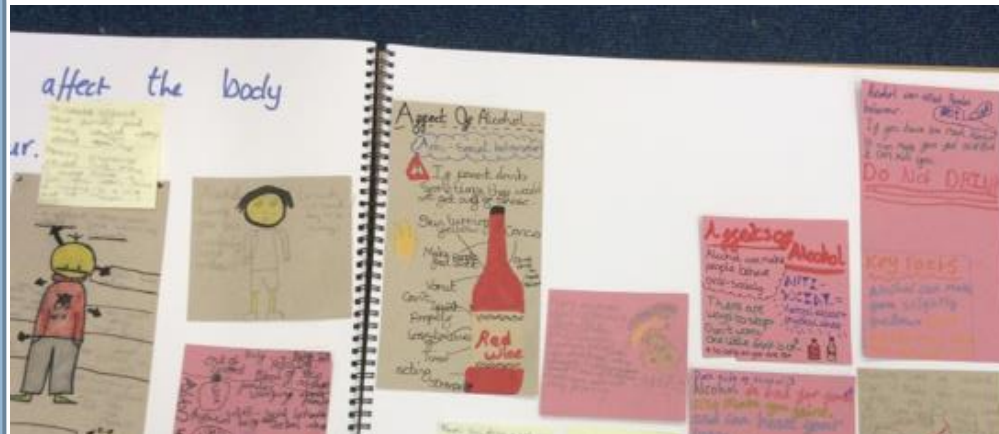
We looked at the short and long term effects of smoking and how it affects our bodies.



We know that smoking is addictive due to nicotine and can even turn your teeth yellow.

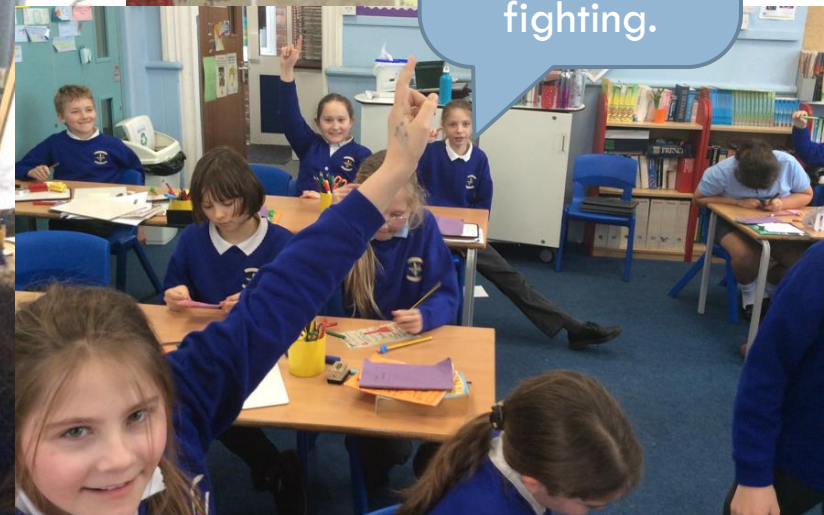
I understand how alcohol affects the body and its links with anti-social behaviour

Drinking is not illegal for adults but needs to not be excessive as some people can become addicted and are at risk of liver problems .



Some people can get mood swings when drunk and do things they usually wouldn't – like shouting and even fighting.

We looked at the impact alcohol may have on people's body, their families and their social lives.



I know basic first aid

CPR

Number in
England is 999
in America it
is 112



Danger
Response
Shout
Airway
Breathing
Circulation

First

You must
always check
for danger first
so you do not
get yourself in
trouble too.

You do not need to do
CPR if the person is
breathing but you put
them in the recovery
position.

Basic life support

St John
Ambulance

Recap

- > Danger
- > Response
- > Shout
- > Airway
- > Breathing
- > Circulation



St John
Ambulance

We used St Johns Ambulance to
learn basic life support. We then
got to test out these skills on a
CPR doll at the Junior Life Skills
trip.

I can reflect on my own body image and know how important it is that this is positive

LO: I can reflect on my own body image and know it is important to be positive, I accept and respect myself for who I am.

We looked at how body images can be manipulated to look 'perfect' in adverts and magazines.

Role models we see online could put pressure on young children to aim for impossible bodies.

We debated that no one body is perfect, we should all be positive about our bodies and accepting of each of our differences.

I am happy about the way I look.

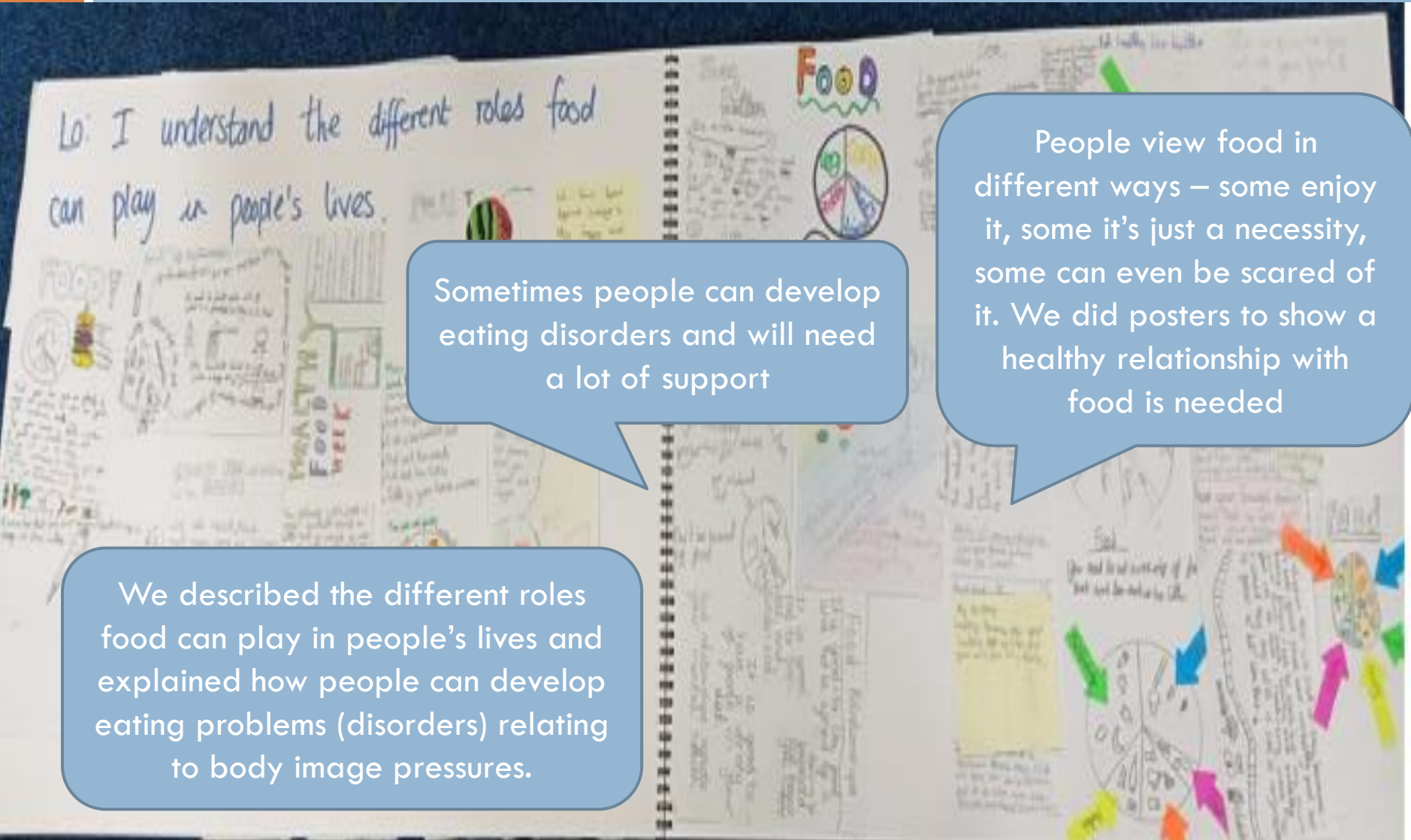
I know I need to have a healthy relationship with food

Lo: I understand the different roles food can play in people's lives.

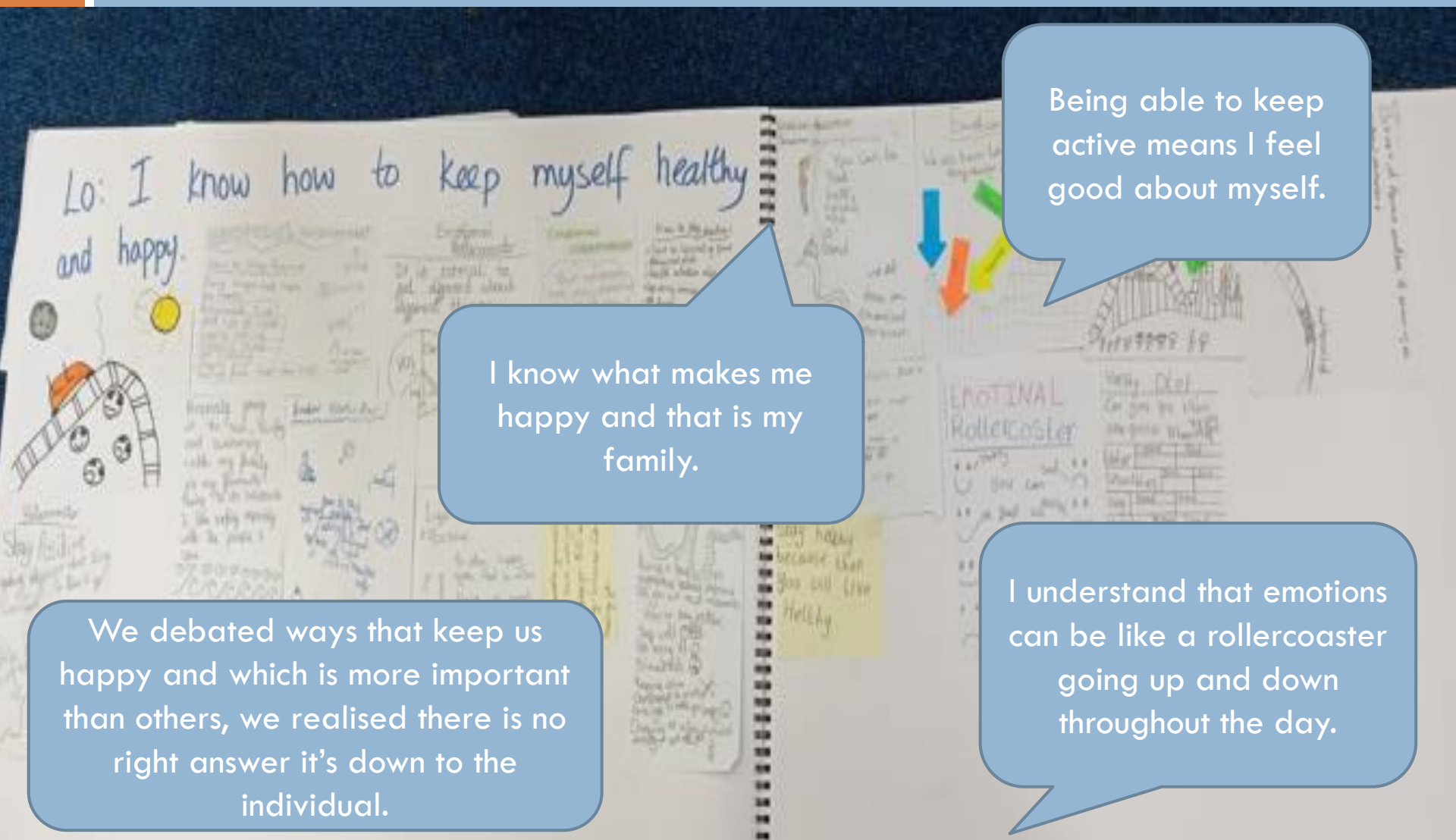
Sometimes people can develop eating disorders and will need a lot of support

We described the different roles food can play in people's lives and explained how people can develop eating problems (disorders) relating to body image pressures.

People view food in different ways – some enjoy it, some it's just a necessity, some can even be scared of it. We did posters to show a healthy relationship with food is needed



I know how to manage my feelings and what makes me happy



Lo: I know how to keep myself healthy and happy.

I know what makes me happy and that is my family.

Being able to keep active means I feel good about myself.

We debated ways that keep us happy and which is more important than others, we realised there is no right answer it's down to the individual.

I understand that emotions can be like a rollercoaster going up and down throughout the day.