Y5 PSHE Knowledge Organiser

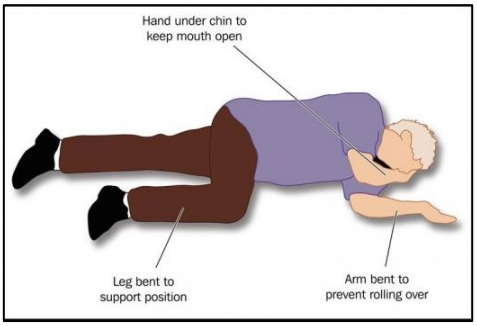
UNIT 4: Healthy Me

How do my choices affect my health?

My Key Learning

I will explore...

- How to make an informed decision
- How to resist pressure
- How to keep calm in an emergency
- How to reflect on my own body
- How to respect and value my body



I will learn about...

- The health risks of smoking
- The health risks of misusing alcohol
- How to practice basic emergency aid procedures (including recovery position)
- How to get help in an emergency
- How body image may be influenced by media
- The different roles food can play in people's lives

Key Vocabulary	Definition
altered	To slightly change the appearance of something.
body-image	The idea that someone has of what their own body looks like.
comparison	The act of considering two or more things.
debate	A discussion on a subject that people may take part in.
emergency	A serious, unexpected situation requiring immediate action.
influence	To affect or change how someone behaves or thinks.
media	The means of communication such as radio, television, newspapers and the internet.
pressure	The act of trying to make someone do something by persuading or arguing.
recovery position	A safe lying position that people should be placed in when unconscious, so they can breathe easily.
self-respect	Having positive thoughts and feelings about yourself.