

Informed decision

Media/Social media

Influence

Emergency

Procedure

Recovery position

Body image

Celebrity

Altered

Self-respect

Eating problem/disorder

Debate

Opinion/Fact

Terrorism

Radicalisation

Extremism

Exploitation

Vocabulary

* How I can deal with peer pressure
* Smoking and alcohol can damage health
* The importance of good oral hygiene and not eating too much sugar
* 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 that the media, social media and celebrity culture promotes certain body types
* Know the different roles food can play in people’s lives
* Know what makes a healthy lifestyle
* Know how to travel safely
* I know that people can be radicalised
* I know that some people can vulnerable to being radicalised
* I understand the terms extremism and terrorism

Topic: Healthy Me

Year:5

Spring 2

What should I already know?

What will I know by the end of this unit of work?

Waterloo Primary School – PSHE Knowledge Organiser