

PSHE – Year 5

Healthy Me

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), learn how to contact the emergency services when needed and what to do in a situation where someone is bleeding. 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.

Key vocabulary

Choices – the act of choosing between two or more possibilities

Healthy behaviour – actions individuals take that affect their health in a positive way

Unhealthy behaviour – actions individuals take that affect their health in a negative way

Informed decision – a decision based on facts and research

Pressure – the use of persuasion or intimidation to make someone do something

Media – a means of mass communication (TV, radio, internet)

Influence – to have an effect on the character, development or behaviour of someone

Recovery position – a position of the body used in first aid

Level-headed – calm and sensible

Body image – how we think about feel about ourselves physically and we believe others see us

Things to try at home:



Create a self-portrait and label it with all of the things you are grateful that your body does for you.

Questions for family learning

- What are the risks of smoking / misusing alcohol?
- What emergency procedures have you learnt?
- How do you contact the police / ambulance service / fire department?
- Why do some people have eating problems?
- Can you tell me about a time when someone tried to make you do something you didn't want to?
- What can you do if a group of children are trying to convince you to do something you don't want to do or know you shouldn't do?
- What do you enjoy about how we try to keep healthy in our family?
- Are there ways we could be healthier?