



Topic: PSHE

Term: Spring 2





Year: Unit 4

Duration: 6 weeks

## The Powerful Knowledge we will take away from this PSHE Puzzle:

 Knowledge	 Social and Emotional Skills
<p>I will...</p> <ul style="list-style-type: none"> <li>-Know basic emergency procedures, including the recovery position</li> <li>-Know the health risks of smoking</li> <li>-Know how smoking tobacco affects the lungs, liver and heart</li> <li>-Know how to get help in emergency situations</li> <li>-Know that the media, social media and celebrity culture promotes certain body types</li> <li>-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</li> <li>-Know some of the risks linked to misusing alcohol, including antisocial behaviour</li> <li>Know what makes a healthy lifestyle</li> </ul>	<p>I will ...</p> <ul style="list-style-type: none"> <li>-Respect and value their own bodies</li> <li>-Can reflect on their own body image and know how important it is that this is positive</li> <li>-Recognise strategies for resisting pressure</li> <li>-Can identify ways to keep themselves calm in an emergency</li> <li>-Can make informed decisions about whether or not they choose to smoke when they are older</li> <li>-Can make informed decisions about whether they choose to drink alcohol when they are older</li> <li>-Accept and respect themselves for who they are</li> <li>-Be motivated to keep themselves healthy and happy</li> </ul>

**What I already know:** The affects exercise and diet has on the body's development, including the major organs. Knowledge and attitudes towards drugs and how to identify things, people and places that will keep me safe.

Our Key Vocabulary	Meaning
 Emergency, Recovery position,	<p>An <b>emergency</b> is a serious, unexpected, and often dangerous situation requiring immediate action. The <b>Recovery Position</b> is used in first aid to prevent choking in unconscious patients, in which the body is placed facing downwards and slightly to the side, supported by the bent limbs.</p>
 Healthy body image, Self-Respect	<p><b>Body image</b> refers to the way you see your physical self — your body — and the thoughts and feelings that are caused by the way you see it. Having a healthy body image means being comfortable and knowing that there is more to you than just your physical appearance.</p>
<p>Photoshopped Image</p> 	<p>A <b>photoshopped image</b> is where a picture has been digitally altered or changed.</p> <p><b>Social media:</b> is forms of electronic communication (as Web sites) through which people create online communities to share information, personal messages, and videos.</p>
 Smoking, Alcohol & Eating disorders	<p><b>If you would like more information about this content, please do let your child's teacher know.</b></p> <p><b>Smoking</b> is the action or habit of inhaling and exhaling the smoke of tobacco by sucking on the end of a lit cigarette, cigar, pipe.</p> <p><b>Alcohol</b> is a colourless, flammable liquid that is part drinks, such as beer, wine, or whiskey, that can make a person drunk.</p> <p><b>Eating disorders:</b> Most people have good relationships with food, but some people think differently about food and have a difficult relationship with it.</p>



### Family Talk Time Learning:

- What are the risks of smoking / misusing alcohol?
- What emergency procedures have you learnt?
- What information will you need to give the operator if you make a 999 call?
- Why do some people have eating problems?
- 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?

### Texts that Teach:



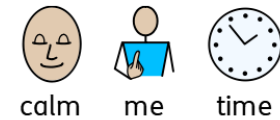
### Personal reflections: Ask and tell yourself...



[How to make a call to emergency services - BBC Teach](#)

What do I need to remember if faced with an emergency situation?

### Mindfulness Activities to try:



How do I show respect to myself?

Think of all the ways it is good to be you.

Say kind things to yourself.