

# 1decision PSHE Knowledge Organiser

## Module: Keeping/Staying Healthy

### Topic: Baseline Assessment and Healthy Living

Years  
4-6

#### Key Facts

- Mental wellbeing is a normal part of daily life, in the same way as physical health
- It is important to build regular exercise into daily and weekly routine, for example: walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise
- A lack of sleep can affect weight, mood and ability to learn

#### I will learn the following new words/phrases:

Lifestyle	<i>The way a person or group of people live.</i>
Balanced diet	<i>A diet that includes a variety of different types of food to help you get the nutrients you need.</i>
Blood pressure	<i>Measures how the heart pumps blood around the body.</i>
Saturated fat	<i>A type of fat found in meat and other animal products, such as butter and cheese.</i>
Vital organs	<i>The main organs inside the body, such as the heart, lungs, and brain. It is important to keep these healthy.</i>
Mind map	<i>A diagram, often drawn on paper, to present your ideas.</i>
Food chart	<i>A chart that can be used to see how many servings of each food should be eaten each day.</i>
Carbohydrates	<i>Substances, found in certain kinds of food, that provide you with energy.</i>
Protein	<i>A nutrient which builds, maintains, and replaces the tissues in your body.</i>
Calorie	<i>A unit of energy that can be found in food.</i>



#### By the end of these topics, I should:

- explain what is meant by a balanced diet and plan a balanced meal
- recognise how too much sugar, salt, and saturated fat in our food and drink can affect us now and when we are older
- understand nutritional information on packaged food and explain what it means
- describe different ways to maintain a healthy lifestyle

#### Ask me a question!

- What different types of food do our bodies need to stay healthy and grow?
- How can we stay healthy?
- How can you encourage others to stay healthy?





## Key Facts

- There are risks associated with legal and illegal harmful substances, including: smoking, alcohol use and drug-taking
- It is important to recognise who to trust and who not to trust and to be able to judge when a friendship is making you feel unhappy or uncomfortable

## By the end of these topics, I should:

- explain some of the risks associated with smoking (physical, social, and legal) and name the addictive ingredient found in cigarettes, e-cigs, etc.
- describe how smoking can affect your immediate and future health and wellbeing
- give reasons why someone might start and continue to smoke
- identify and use skills and strategies to resist any pressure to smoke

## I will learn the following new words/phrases:

Nicotine	<i>A poisonous substance found in the tobacco plant.</i>
Addictive	<i>Wanting to do or have something as often as possible.</i>
Illegal	<i>Against the law or breaks the rules.</i>
Respiratory system	<i>The organs that are involved in breathing.</i>
Cardiovascular disease	<i>A general term for conditions affecting the heart or blood vessels.</i>
Cigarette	<i>A thin cylinder of finely cut tobacco rolled in paper for smoking.</i>
E-cigarette	<i>A device that has the shape of a cigarette, cigar, or pen and does not contain tobacco.</i>
Tobacco	<i>A plant that can be smoked in cigarettes, pipes, or cigars.</i>

## Ask me a question!

- What are the risks of smoking?
- Why do you think people start to smoke?
- Can you name one ingredient of a cigarette?
- What could you do if you or someone you know felt pressured to smoke?

# 1decision PSHE Knowledge Organiser

## Module: Keeping/Staying Healthy

### Topic: Alcohol and Summative Assessment



Years  
4-6

### Key Facts

- There are associated risks with legal and illegal harmful substances, such as smoking, alcohol use and drug-taking
- Mental wellbeing is a normal part of daily life, in the same way as physical health
- It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough

### By the end of these topics, I should:

- identify what is a risky choice
- identify the risks associated with alcohol (+ drugs - extension)
- describe how alcohol can affect your immediate and future health
- develop and recognise skills and strategies to keep safe

### I will learn the following new words/phrases:

Alcohol	<i>A chemical called ethanol that is found in alcoholic drinks.</i>
Ethanol	<i>A chemical compound that is a type of alcohol.</i>
Fermentation	<i>A chemical change that happens in vegetable and animal substances.</i>
Unit	<i>A way to tell how strong your drink is.</i>
Legal age limit	<i>An age under or over which something can or cannot be done.</i>
Alcohol poisoning	<i>When a person drinks a toxic amount of alcohol.</i>
<b>Extension Lesson Vocabulary</b>	
Cannabis	<i>A drug that comes from a plant.</i>
Illegal drugs	<i>Drugs which a person is not allowed to own or use.</i>
Mental illness	<i>Health conditions involving changes in thinking, emotion or behaviour.</i>
Criminal offence	<i>The act of breaking a law or rule or doing something wrong.</i>
Substances	<i>The material, or matter, of which something is made.</i>

### Ask me a question!

- What affects can alcohol have on your body?
- If you or anyone you know is struggling with a mental health issue, what could you do?
- Extension lesson question - what affects can drugs have on your body?