The ASPIRE Curriculum-Key Learning

Title: Healthy Me Year: Year 5 Subject: PSHCE

Key Knowledge	Key Skills	Key Vocabulary	
• Know the health risks of smoking and vaping	• Can make informed decisions about whether or not they choose to smoke when they are older • Can make informed decisions about whether they choose to drink alcohol when they are older • Recognise strategies for resisting pressure • Can identify ways to keep themselves calm in an emergency • Can reflect on their own body image and know how important it is that this is positive • Accept and respect themselves for who they are • Respect and value their own bodies • Be motivated to keep themselves healthy and happy		Choices
• Know how smoking tobacco affects the lungs, liver and heart			Healthy behavior
• Know some of the risks linked to misusing alcohol			Informed decision
• Know basic emergency procedures including the recovery position			Media
• Know how to get help in emergency situations			Influence
• Know that the media, social media and celebrity culture promotes certain body types			Emergency procedure
• Know that messages we receive about food come from different places and that these can affect people's attitudes to food			Recovery position
• Know what makes a healthy lifestyle			Level-headed
			Body image
			Media
			Social media
			Celebrity
			Altered
			Fact