



SAINT JAMES'

The ASPIRE Curriculum-Key Learning

Title: Healthy Me

Year 5 Spring 2

Subject: PSHE



SAINT JAMES'

Key Knowledge

- I can understand how to face new challenges positively..
- I can understand how to set personal goals.
- I can understand the rights and responsibilities associated with being a citizen in the wider community and their country.
- I can understand how an individual's behaviour can affect a group and the consequences of this.
- I can understand how democracy and having a voice benefits the school community.
- I can understand how to contribute towards the democratic process.

Social media



Key Skills (Social and Emotional)

- I can make informed decisions about whether or not I choose to smoke when I am older.
- I can make informed decisions about whether I choose to drink alcohol when I am older.
- I can recognise strategies for resisting pressure.
- I can identify ways keep myself calm in an emergency.
- I can reflect on my own body image and know how important it is that this is positive.
- I can accept and respect myself for who I am.
- I can respect and value my own body.
- I am motivated to keep myself healthy and happy.

Recovery Position



Key Vocabulary

Body image

What a person sees and thinks about their physical self and their thoughts and feelings from this.

Celebrity

A famous living person.

Eating disorder

An illness where people worry about eating. They either eat too little or make themselves sick.

Informed decision

A choice that you make when you know about something.

Level-headed

Having common sense or being sensible.

Social media

Websites and computer programs that people use to communicate on the internet.

Recovery position

A position 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.

Healthy Me

