Christ the Sower Ecumenical Primary School

PSHE
Knowledge Organiser

Year 5 – Spring 2
Healthy Me

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PSHE

Focus Question: How do my choices affect my health?

Key Vocabulary

nicotine	An addictive substance found in tobacco and many vapes.
addiction	Finding it difficult to stop using something.
alcohol	A drug that can affect the body and behaviour.
first aid	Immediate help for someone who is hurt or ill.
recovery position	A safer position for a person who is breathing but unresponsive.
body image	How we think and feel about our bodies.
influence	Something that affects our choices.

Key Learning

- I can explain the health risks of smoking, vaping and nicotine.
- I know alcohol misuse can harm health and behaviour.
- I can describe emergency aid, including the recovery position.
- I know online images can give unrealistic body ideals.
- I can make informed food choices and respect my body.

Healthy Me in Action



Make informed choices

Nicotine is addictive; substances can cause harm.



Get help quickly

Stay calm, seek adult help and call 999 if needed.



Look beyond images

Media images may be edited; bodies are different.

Remember and Try

- Question advertising and peer pressure.
- Learn first-aid steps with a trained adult.
- Choose balanced food and respect your body.

End Point

I can assess substance risks, know how to seek emergency help, question media pressures and make healthier, informed choices.