

Year 5 — Being My Best

Construction—To build something from parts.

Prior Knowledge

Reception – It is normal to feel a range of different emotions.

Year 1 – It's important to eat fruit and vegetables in our daily lives to be healthy.

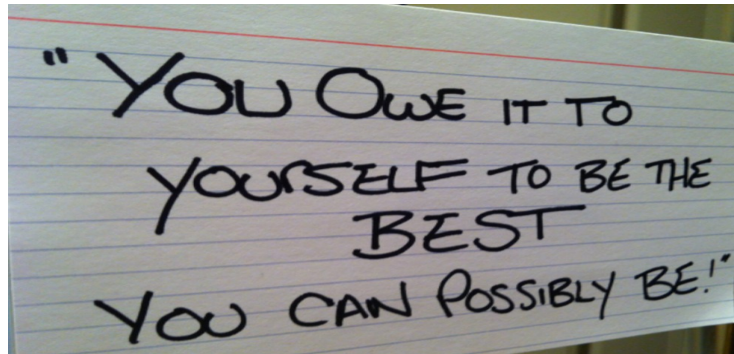
Year 2 – There are different stages of the learning process. At different stages we may feel frustrated or upset.

Year 3 – The parts of the eat well plate can benefit our bodies in different ways.

Year 4 – There are times when we will make the same choices as our friends and other times when we will choose differently.

Future Knowledge:

Year 6 – The five ways to wellbeing contribute to a healthy lifestyle.



My Component Knowledge:

Lesson 1: I know the harmful effects of smoking and alcohol.

Lesson 2: I understand the importance of the internal organs.

Lesson 3: I can identify strengths and talents.

Lesson 4: I can suggest ways of improving the school community.

Lesson 5: I understand how to responsibly help others and myself.

Lesson 6: I can describe and recognise start qualities and understand the importance of first aid.

My Composite Knowledge:

I can identify, respond and react in an emergency situation that may require the emergency services.

My Powerful Knowledge:

I understand the ways in which to be my best independently and to meet the needs of others through my own personal qualities.

Key Vocabulary

Tier 1: aid, emergency, efficient, improvement

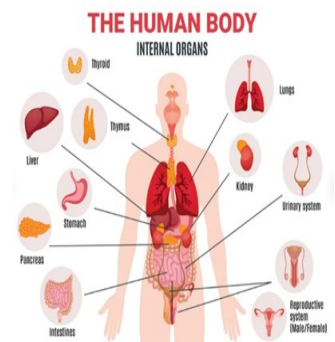
Tier 2: independence, response, responsibility, qualities

Tier 3: community, portrayed, perception

What is the importance of first aid?

What does a healthy lifestyle look like?

What are your strengths?



First Aid For Children