

# PSHE- Being my best

## Construction

### Prior Knowledge

Year 4 : You learnt about what makes people unique.

Year 5: You learnt about getting fit and how different aspects of life can impact on this, including alcohol, drugs, sleep and food.



### My Component Knowledge:

Lesson 1: I can describe how the five ways to wellbeing contribute to a healthy lifestyle, giving examples of how they can be implemented in people's lives.

Lesson 2: I can identify aspirational goals, describe the actions needed to set and achieve these.

Lesson 3: I can present information researched on a health and wellbeing issues outlining the key points and making suggestions for any improvements concerning those issues.

Lesson 4: I can identify risk factors in a given situation.

Lesson 5: I can recognise what risk is and explain how a risk can be reduced .

Lesson 6: I can make a clear and efficient call to emergency services if necessary.

### My Composite Knowledge:

I can identify what contributes to a healthy lifestyle and identify actions needed to reach my goals . I can identify what risk is and explain how to reduce risks.

### My Powerful Knowledge:

I can identify how people can stay healthy and the different factors that contribute to being healthy and how these can be impacted on.

### Key Vocabulary

#### Tier 1:

Goals, confidence, physical activity, safety, risk taking, keeping safe

#### Tier 2:

Healthy lifestyle, self esteem, mental health, media influence, wellbeing

**Tier 3:** aspirations, achievements, growth mind-set, mental health

Why is first aid important?



What are you doing now which will help you to achieve your goal ?

