



**PSHE Topic:** How can drugs common to everyday life affect health?

**Year:** 5 **Term:** Summer 1

## Key Knowledge/Content:

- **Physical health and wellbeing-** Learn how to make informed decisions about their health.
- **Healthy lifestyles and physical wellbeing-** Recognise that habits can have both positive and negative effects on a healthy lifestyle.
- **Keeping safe-** Learn about organisations that can support people concerning drug support.

## Links to:

### Prior learning:

To discuss how what we put in our body can affect our health.

### Future learning:

To understand what drugs can do to our body.

## Key vocabulary with definition:

### Prior vocabulary:

- **Immunity-** The ability of an organism to resist a particular infection or toxin by the action of specific antibodies or sensitized white blood cells.
- **Diseases -** A disorder of structure or function in a human, animal, or plant, especially one that has a known cause and a distinctive group of symptoms, signs, or anatomical changes.
- **Peer influence-** Peer influence is when the behaviour of one or more people who are similar in age affects or changes the behaviour of another person or group.

### New vocabulary:

- **Addiction -** The fact or condition of being addicted to a particular substance or activity.
- **Recreational-** Relating to or denoting drugs taken on an occasional basis.

## By the end of this unit

**All children can:** **recognise** some choices they make can support a healthy lifestyle and **recognise** what might influence these.

**Most children can:** **demonstrate** the difference between positive and negative habits and **understand** how these affect a healthy lifestyle.

**Some children can:** **demonstrate** and **explain** how the impact of everyday legal drugs have on our health.

## Background understanding for teachers and parents:

This unit will be focused around the impact we have on the earth and how it is our responsibility to look after it. Children will look at how care and compassion can go along way and will discuss how to look after different animals.

## Curriculum Driver:

Communication

## Evidence outcome:

Openly debate during a class debate session and offer their views about some sensitive topics.