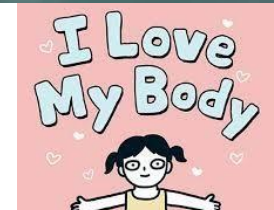


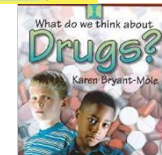
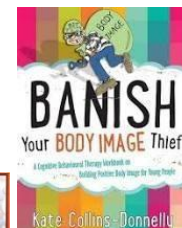


It's My Body

Y5 PSHE Health and Wellbeing



Exciting Books



Questions

What healthy choice have you made today?

Can you identify a positive aspect of yourself?

Do you know who to talk to/where to get support if you are worried?

End Point

To know that I have control over my own body and what consent is as well as having a positive body image of myself.

Key knowledge about 'It's My Body'

I know that my body belongs to me and I have control over what happens to it.

I understand that getting enough sleep will make me feel better.

I can make the right choices, which affects my physical, mental and emotional health.

Some drugs, i.e. alcohol & tobacco have harmful effects.

Subject Specific Vocabulary

Female genital mutilation (FGM)	When a female's genitals are deliberately altered or removed for non-medical reasons.
Physical health	Is the condition of your body, critical for overall well-being and can be affected by lifestyle, e.g. diet, exercise.
Mental health	The well-being of a person, how we think, feel and behave.
Emotional health	Being aware of your emotions, being in control of your thoughts, feelings and behaviour.
Illegal drugs	A substance that affects the way the body functions, illegal means is it not allowed by law.
Habit	Something you do regularly and that is hard to stop.
Positive body image	Being proud of the way you look and feel and being confident with your body.

