

PSHE

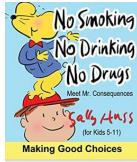
Eversley Primary School– Knowledge Organiser

Health Education



Spring 2

	Key Knowledge	St	atutory requirements
Drugs	 A drug is something that changes the way the body and mind work Sometimes drugs can help improve how a body is working e.g. medicine Other drugs can have a negative impact on the body e.g. alcohol and tobacco 	 Pupils should know: what constitutes a healthy diet the principles of planning and preparing a healthy meals the characteristics of a poor diet and risk with unhealthy eating about safe and unsafe exposure to the sureduce the risk of sun damage, including the importance of sufficient good quality health and that a lack of sleep can affect and ability to learn about personal hygiene and germs including viruses, how they are spread and treated importance of handwashing. how to make a clear and efficient call to eservices if necessary. 	
Alcohol	 Alcohol is a form of drug which can have a negative impact on the body Alcohol is legal (from a certain age) but there are still recommendations to limit the amount of alcohol consumed Alcohol can effect people differently. Some effects are felt soon after the alcohol is consumed such as taking risks and blurred vision. Other effects, such as liver damage, are caused by long, term excessive consumption of alcohol The recommendation is for adults to regularly drink no more than 2 units of alcohol per day or 14 units per week 		
			Key vocabulary
		Spelling	Definitio
Smoking	 Some people choose to smoke cigarettes Cigarettes are made from tobacco which contains nicotine, an addictive drug People choose to start smoking for a range of different reasons. However, once they start, it is very difficult to quit due to the nicotine Smoking can cause damage to the lungs and the heart. It can reduce the amount of oxygen in the blood which can raise the heart rate Passive smoking can also effect a person 	Drug	A substance that chang body and mind work
		Alcohol	A chemical substance f such as beer, wine, and
		Tobacco	A plant that can be smo
		Nicotine	A highly addictive stime tobacco and vaping de
		Consumed	Using something up edrinking it
		Damage	Loss or harm caused t something
		Passive	Breathing in smoke fro



Year 4

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- ks associated
- sun, and how to g skin cancer
- y sleep for good t weight, mood
- ding bacteria, d, and the
- emergency

Key vocabulary				
Spelling	Definition			
Drug	A substance that changes the way the body and mind work			
Alcohol	A chemical substance found in drinks such as beer, wine, and liquor			
Tobacco	A plant that can be smoked in cigarettes, pipes, or cigars			
Nicotine	A highly addictive stimulant found in tobacco and vaping devices			
Consumed	Using something up e.g. eating or drinking it			
Damage	Loss or harm caused to someone or something			
Passive smoking	Breathing in smoke from another person's cigarette			
Addiction	An urge to do something that is hard to control or stop			

Books			
Sally Huss	No Smoking, No Drinking, No Drugs		