



Knowledge Organiser

PSHE—Health & Wellbeing, unit 1 & unit 5.

Year 5/6

Theme: Cause and Effect

Spring Term B

Prior core knowledge

How can I recognise when I am not feeling myself , and who can support me with my feelings? **The way you are behaving may be different to normal, you may feel different inside. Talk to a trusted adult who will support you in staying healthy.**

How can I get help if myself or someone else is in trouble? **Call 999, ask for the needed service and explain the situation.**

Are all substances good for my body? **No , some can be harmful, even prescribed ones if they are not used safely. However, there are lots of medicines that, when used safely, can help us.**



How can I recognise risks, harmful content and contact online? **If something makes you feel uncomfortable, seems or looks inappropriate for your age, or you are being asked to do something you know is wrong – remember to report it.**

Core knowledge for this unit

Who can I talk to if I am worried about my mental health and when should I do this? **Talk to a trusted adult, either someone in school or outside. You should do this when you feel you are not coping with something.**

How can I help somebody who has a basic injury ? **You can apply the basic first aid skills that you have learnt and if the injury is too severe get help from others.**

What are the risks associated with the misuse of substances and what impact can these have on myself and others? **There are both mental and physical affects associated with the misuse of substances, not only can the misuse affect you, but can also mentally and physically effect friends and family.**

How can I identify fake news and information on the internet? **Look for clues that articles and information are fake, has it got spelling errors, are the facts correct, does the article seem one-sided etc.**

Is information on the internet targeted at certain consumers? **Yes, information, including that from search engines, is ranked, selected and targeted.**

Vocabulary

Mental	Relating to the mind.
Common	Something occurring, found, or done often; prevalent.
First Aid	Help given to a sick or injured person until full medical treatment is available.
Injury	Damage to a person.
Choking	To have severe difficulty in breathing because of a constricted or obstructed throat or a lack of air.
Unresponsive	Unresponsive means not reacting or responding to communication or something that usually calls for a reaction or a reply.
Substance	A particular kind of matter with uniform properties.
Risk	A situation involving exposure to danger.