



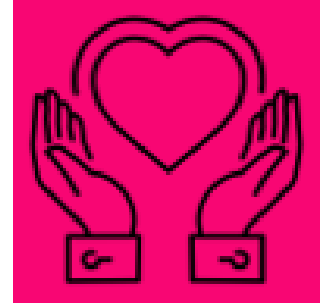
Objectives and Sticky Knowledge

Previous Knowledge Recap:

- Mental wellbeing is a normal part of daily life, in the same way as physical health • It is important to build regular exercise into daily and weekly routine, for example: walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise
- A lack of sleep can affect weight, mood and ability to learn

Land Objectives/ Sticky Knowledge

I can explain some of the risks associated with smoking (physical, social and legal) and can name the addictive ingredient found in cigarettes/e-cigs etc.



I know what addictive means.

I know that nicotine is the addictive ingredient in cigarettes, vapes and e-cigs.

I know the law relating to smoking.

I know why some people might choose to smoke in the first place.

I can describe how smoking can affect your immediate and future healthy and well-being.

I can give reasons why someone might continue to smoke.

I can identify and use skills and strategies to resist any pressure to smoke.

Sea:

Links with Golden Thread:

Links with CST and CKA Values Crown:

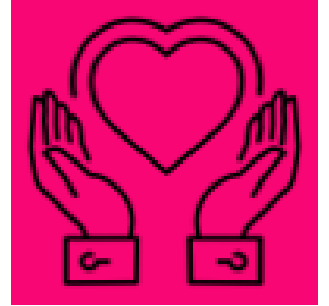
Year 5 PSHE Lent 1 Knowledge Organiser

Key Vocabulary

Nicotine	<i>A poisonous substance found in the tobacco plant.</i>
Addictive	<i>Wanting to do or have something as often as possible.</i>
Illegal	<i>Against the law or breaks the rules.</i>
Respiratory system	<i>The organs that are involved in breathing.</i>
Cardiovascular disease	<i>A general term for conditions affecting the heart or blood vessels.</i>
Cigarette	<i>A thin cylinder of finely cut tobacco rolled in paper for smoking.</i>
E-cigarette	<i>A device that has the shape of a cigarette, cigar, or pen and does not contain tobacco.</i>
Tobacco	<i>A plant that can be smoked in cigarettes, pipes, or cigars.</i>

Sky objectives:

1. Children are able to identify the zone they are in and to use the tools independently to return to the green zone.
2. Children respect and understand personal boundaries in different relationships.
3. Children know how to set an example of appropriate behaviour and to stand up to those who behave irresponsibly.



Key Facts

- There are risks associated with legal and illegal harmful substances, including: smoking, alcohol use and drug-taking
- It is important to recognise who to trust and who not to trust and to be able to judge when a friendship is making you feel unhappy or uncomfortable

By the end of these topics, I should:

- explain some of the risks associated with smoking (physical, social, and legal) and name the addictive ingredient found in cigarettes, e-cigs, etc.
- describe how smoking can affect your immediate and future health and wellbeing
- give reasons why someone might start and continue to smoke
- identify and use skills and strategies to resist any pressure to smoke