

- What we already know:**
- Basic health and hygiene

Health and Wellbeing. LKS2- PHSE: Health and hygiene

- What's next?**
- Vaccinations to help prevent illnesses.

PHSE Golden Concepts

Respect

Safety

Communication

Health

Relationships

Key Vocabulary

Nutrition	Eating the correct foods to support with growth
Dental	Relates to your teeth
Flossing	Cleaning between your teeth with a string
Immune	Protected against diseases
Mental health	How we feel emotionally
Public	All the people in the country
Oral	Relates to your mouth
Relaxation	Being happy and comfortable

What I will know by the end of the unit:

How hygiene can prevent illness and spread of viruses

<p>Hand Hygiene Importance and proper technique of handwashing. Situations requiring handwashing (before eating, after using the toilet, after sneezing/coughing). Use of hand sanitizers.</p>
<p>Oral Hygiene Importance of brushing teeth twice a day and flossing. Proper brushing and flossing techniques. Regular dental check-ups.</p>
<p>Body Hygiene Proper use of soap, shampoo, and deodorant. Keeping hair clean and well-maintained. Keeping nails trimmed and clean.</p>
<p>Hygiene in Public Spaces Proper disposal of tissues and hygiene products. Maintaining cleanliness in shared spaces.</p>
<p>Understanding Germs and Infections Basic knowledge of germs (bacteria, viruses) and how they spread. Role of good hygiene in preventing illness. Importance of vaccinations and a healthy immune system.</p>
<p>Mental Health Understanding feelings and emotions. Importance of talking about feelings. Simple techniques for relaxation and stress relief (deep breathing, mindfulness).</p>

Microbe Mania!

Microbes!

- Microbes appeared on earth about 3.5 billion years ago.
- There are more microbes than all other animals and plants in the world.
- Some microbes live in places where nothing else can live.
- If there were no microbes, there would be no people!
- Microbes come in all shapes and sizes.

Microbe Types

1: Fungi

- The giants of all microbes!
- Fungi can be good and bad — good fungi can be used to make bread (yeast) or antibiotics. Bad fungi can cause mould on bread or diseases such as athlete's foot!

2: Virus

- Viruses are parasites - they need to live inside the cells of animals, plants and even other microbes to live!
- There are very few good viruses and most viruses make us ill!

3: Bacteria

- Bacteria are found EVERYWHERE including all over our bodies.
- There are three different shapes of bacteria and scientists use these shapes to help identify them:
Balls (cocci), Spirals (spirilla), Rods (bacilli).

Good Microbes

- Most microbes are good for us and do **not** cause disease.
- Microbes generate at least half the oxygen we breathe.
- Microbes live on the roots of plants and help them absorb food and water.
- Microbes are responsible for creating foods such as wine, cheese, vinegar, yogurt, and chocolate!

Bad Microbes

- Some microbes can be harmful to humans and cause disease or illness.
- The bad microbes are known as **pathogens** but are sometimes called bugs or germs.
- Pathogens spread by close contact, coughs, sneezes, food water and animals.
- Disease causing microbes that spread from person to person are known as infectious.
- Bad microbes love it when you, your home, school or environment is unhygienic or dirty.
- Remember, microbes multiply very fast so it only takes one bad microbe to get inside your body and make you sick!
- Many of our everyday illnesses are caused by viruses e.g. ear ache, colds, flu, most coughs and sore throats!

What we already know:

- How to be safe near medicines

**Health and Wellbeing.
LKS2- PHSE: Drugs, alcohol and medicines**

What's next?

- Risks and dangers involving medicines and drugs.

PHSE Golden Concepts

Respect

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Key Vocabulary

Drugs	medicines
Substances	What something is made from
Illegal/legal	Medicines you are allowed to take or not
Alcohol	Fermented drink that can make you drunk
Addiction	A physical and mental need for something that they have been having, taking or doing.
Misuse	Using something wrongly
Beverage	A type of drink
Restrictions	A limit on amount, such as the amount of ml you can drink

**What I will know by the end of the unit:
How drugs and alcohol may affect our bodies.**

<p>What Are Drugs? Definition of drugs. Differences between legal and illegal drugs. Examples of legal drugs (caffeine, nicotine in cigarettes) and illegal drugs.</p>
<p>Effects and Risks How drugs can affect the body and mind. The concept of addiction and dependency. Short-term and long-term effects of drug misuse.</p>
<p>What Is Alcohol? Definition of alcohol. Types of alcoholic beverages. Legal drinking age and why it exists.</p>
<p>Effects and Risks How alcohol affects the body and mind. Risks associated with drinking alcohol (short-term and long-term). Understanding why children should not consume alcohol.</p>
<p>Safety Rules Importance of saying no to drugs and alcohol. Knowing who to trust for information about medicines. Understanding and following rules related to substances.</p>

PSHE topic in focus:

Types of Drugs

HEALTH AND WELLBEING

<p>Legal drugs</p> <p>Caffeine Caffeine is a stimulant that occurs naturally in several plant sources, but most notably in cocoa beans. The active ingredient is a stimulant called trimethyl xanthine. Commonly found in tea, coffee and chocolate, caffeine is often consumed to help people to stay awake or alert.</p>	<p>Heroin Probably the most addictive and deadly of the Class A drugs, Heroin gives users a feeling of well-being, while bigger doses can make people sleep and vomit. Heroin is usually a powder that can be white, grey or brown in colour. It also is a very strong painkiller, and overdoses can lead to coma and even death.</p>	<p>Illegal drugs</p> <p>Cannabis Cannabis is a drug that is made from the cannabis plant. It can give pleasant effects, like feelings of being relaxed, calm, and chilled out. It can also make you see or hear things which aren't really there - which can be quite scary. Cannabis is also known as marijuana, dope, pot, weed, grass, bud, joint, and ganja.</p>
<p>Alcohol Alcohol is made through a process called fermentation. When grains, fruits or vegetables are allowed to ferment (a process where a yeast or bacteria reacts with natural sugars), a chemical called ethanol is produced as a by-product. This odourless, colourless liquid is a depressant, that has the effect of lowering inhibitions and making people feel more relaxed.</p>	<p>Cocaine Cocaine and crack cocaine are two variants of the same drug. Where cocaine is usually a clear or off-white powder, the stronger form, crack cocaine often comes in clumps or rocks. Over time, snorting cocaine will seriously damage the cartilage in your nose. Cocaine is highly risky for anybody with high blood pressure or a heart condition. Even perfectly healthy, young people can have a fit or heart attack after taking too much.</p>	<p>Ecstasy Ecstasy (also known by its chemical name, MDMA) is often found in pill or power form. The main effects of ecstasy include an energy buzz that makes people feel alert, alive, and in tune with their surroundings. The comedown from ecstasy can make people feel lethargic and depressed. Evidence suggests long-term users can suffer memory problems and may develop depression and anxiety.</p>
<p>Tobacco Nicotine and tobacco are both found in cigarettes: tobacco is the plant which contains nicotine. Tobacco is most commonly smoked in cigarettes. Nicotine is an addictive substance and people who smoke can often find it difficult to quit without help.</p>	<p>Medicines Medicines are a type of drug which are legal to take as long as a doctor has prescribed them to you. You can buy some medicines over the counter at a chemist's without needing a prescription as long as you are above the minimum age to take the medicine.</p>	<p>Ketamine You may have heard that it is a ketamine is a horse tranquilliser. This is because it is - it's used by vets to put horses to sleep before operations. Ketamine is usually snorted as a powder in very small doses. It can make you far, far less aware of what's going on around you - to the point where it can make you pass out. In very small doses it won't make a person listless, but it may still be a very unpleasant experience.</p>

WHAT IS ALCOHOL?

What is alcohol and why do some people choose to drink it?
Alcohol is a type of legal drug that some people choose to drink to change how they feel for a while.

People have different reasons for drinking alcohol, and it can vary from person to person.

For example, they may want to feel more relaxed, confident, or celebrate a special occasion, like a wedding.

What we already know:

- What is a cut or a bruise

Health and Wellbeing. LKS2- PHSE: Emergency first aid

What's next?

- CPR

PHSE Golden Concepts				
Respect	Safety	Communication	Health	Relationships

What I will know by the end of the unit: What to do if first aid is needed and how to get help.

Key Vocabulary	
First aid	The care you get when you are injured or hurt
Scrapes	Taking the top layer of skin off
Wounds	A deep cut or bad bruise
Pressure	Pushing down onto something
Recovery	Time it takes to get better
Emergency	A situation that needs immediate actions

What is First Aid?
 Definition and importance of first aid.
 Basic principles: Preserve life, prevent worsening, promote recovery.

Cuts and Scrapes
 Cleaning the wound with water.
 Applying pressure with a clean cloth to stop bleeding.
 Using a plaster or bandage.

Burns
 Running cool water over the burn for at least 10 minutes.

Calling for Help
 Knowing how to call 999 (or 911) and what information to provide (location, nature of emergency, condition of the injured person).



First Aid Skills

When to call 999

Call 999 in the case of an emergency, only if someone is seriously ill, injured or their life is at risk.

Call 999 for an ambulance in case of:

- severe chest pain
- difficulty in breathing
- unconsciousness
- severe loss of blood
- severe head injury
- severe burns or scalds
- choking
- fainting or concussion
- drowning
- severe allergic reactions
- major trauma to the body

999

Not all emergency symptoms are listed.
If in doubt, call 999 for guidance.