

# Keeping/Staying Healthy

TOPICS: Smoking and Adults' & Children's Views - *Suggested for Year 5*

We have chosen to deliver this topic in year(s):

## Year Intent



In Year 5, children further develop their understanding of how choices and influences affect health and wellbeing by exploring the risks associated with smoking and vaping.

They learn about the physical, social and legal consequences and the addictive substances involved, and consider why some people may start or continue to smoke.

Pupils also revisit a range of health topics, reflecting on the views of adults and children beyond the school setting to support healthy decision making.

## Curriculum Links

### Statutory RSHE Links

General wellbeing; Healthy eating; Wellbeing online; Health protection and prevention; Personal safety; Drugs, alcohol, tobacco, and vaping; Caring friendships

## Ask me a question!

**What are the risks of smoking?**

**Why do you think people start to smoke?**

**What could you do if you or someone you know felt pressured to smoke?**

**Can you name one ingredient of a cigarette?**

## Knowledge & Skills Progression

### Smoking - Pupils 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

### Adults' & Children's Views - Pupils can...

- listen to and observe a range of views from adults and children about ways to stay healthy and maintain wellbeing
- identify key ideas and healthy habits shared by others that support physical and personal health
- reflect on and build their understanding of healthy choices using information gathered from discussions and observations
- share their ideas and learning with peers, contributing thoughtfully to discussions about maintaining a healthy lifestyle

## I will learn the following new words/phrases:

**I now know...**

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

