

## What should I already know?

- Which situations are safe and have some risk involved.
- What I can do to keep myself healthy.
- What goes into my body and who puts it there.
- Why people use medicines.

## Key Knowledge and skills gained

- To know basic information about how substances, enter the body and their effects.
- To develop an understanding of how medicines can be helpful and their possible risks.
- To recognise there are ways o feel better without taking medicines.
- To understand that all drugs and household substances can be harmful if they are used incorrectly.



## Key Vocabulary and definitions

Digestion	Breaking down of the food we eat inside our bodies.
Absorb	To take in or soak up.
Stomach	An organ in our body which is part of our digestive system.
Intestine	Organs shaped like long tubes they help with breaking down and absorbing the food we eat.
Bloodstream	The blood circulating through the body of a person or animal.
Injection	When a needle is used to put medicine or vaccine into your body.
Drug	A substance that changes the way a person's body works.
Medicine	A drug that is used to help someone get better when they are ill.
Vaccination	Substances that prevent the spread of disease.
Well	Feeling good or in a satisfactory way.
Unwell	Being ill.
Toxic	Something that is harmful or unpleasant.
Poisonous	A substance which can cause death or illness if taking into the body.

## Character Muscles that will be covered during the Summer Term.

<b>Respect</b>	<ul style="list-style-type: none"> <li>• Caring enough to think about how our words and actions impact others.</li> <li>• Accepting somebody for who they are, even when they are different from you or you don't agree with them.</li> <li>• Know others are valued and important as human beings.</li> </ul>
<b>Independence</b>	To be independent – doing things for yourself and not relying on others to do things for you.
<b>Trust</b>	To believe that someone is reliable and truthful.
<b>Managing impulsivity</b>	To be able to think before acting and choose what we do and how we behave.