

# Being my best

## Civilisation

### Prior Knowledge

Year 2—you learnt about a healthy balanced diet and how to keep yourself safe online.

Year 3—you learnt that some people take risks and some people choose to avoid risky situation.

Year 4—You learnt how websites make money and whether sources are truthful or misleading.

In Year 5—some facts about legal and illegal drugs as well as the truth about smoking.



### My Component Knowledge:

Lesson 1: Five Ways to wellbeing project.

Lesson 2: This will be your life

Lesson 3: Our recommendations

Lesson 4: What's the risk (1)?

Lesson 5: What's the risk (2)?

Lesson 6: Basic first aid including Sepsis Awareness.

### My Composite Knowledge:

I understand that my mental and physical health are important and need looking after. I am learning techniques to ensure this is the case.

### My Powerful Knowledge:

I understand the five pathways to wellbeing and how this contributes to benefits to my mental and that of my friends. I can also weigh up the risk in different situations and explain my decision making rationale.

### Key Vocabulary

**Tier 1:** feelings, success, safety, risks, confidence, first aid,

**Tier 2:** achievements, cooperation, media, social norms, responsibility, first responder,

**Tier 3:** aspirations media influence, sepsis,



Why is my wellbeing so important?

How are physical activity, self-esteem and mental health connected?

How can I achieve my aspirations?