



Key Vocabulary

perseverance
 media-influence
 kindness
 celebrities
 independence
 patience
 resilience
 consideration
 confidence
 personal qualities

PDL Knowledge Organiser		
Year group: 5	Topic link: Being My Best	Golden Thread Being My Best
<p>Key Questions:</p> <p>Growing Independence and Taking Responsibility How does someone become more independent as they grow older? What responsibilities do teenagers have? Does having more independence mean having more responsibility? Why?</p> <p>Media Awareness and Safety Are media images of celebrities true? How can media images of celebrities make someone feel? What non-physical qualities make people attractive? Why?</p>		

<p>What key skills will I have by the end of this journey?</p> <p>I can explain how one organ functions and how it contributes to the health of my body.</p> <p>I can explain how choices relating to smoking and drinking can effect a person's health.</p> <p>I can think of ways to improve a skill and the strategies that will help me do this.</p> <p>I can name several qualities that make people attractive that are nothing to do with how they look, but about how they behave.</p> <p>I can give examples of how I am independent and manage my own success.</p>
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Links to previous and future learning

<p>In Year 3</p> <p>I can give a few examples of things that I can take responsibility for in relation to my healthy and give an example of something that I've done which shows this.</p> <p>I can explain and give an example of a skill or talent that I've developed and the goal-setting that I've already done (or plan to do) in order to improve it.</p>	<p>In year 4</p> <p>I can give a few examples of different things that I do already that help to me keep healthy.</p> <p>I can give different examples of some of the things that I do already to help look after my environment.</p>	<p>In Year 5</p>	<p>In year 6</p> <p>I can tell you how I can overcome problems and challenges on the way to achieving my goals.</p> <p>I can give examples of an emotional risk and a physical risk.</p>
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<p>What key knowledge will I have by the end of this journey?</p> <p>To describe the four main internal systems of the human body.</p> <p>To understand the actual norms around smoking and the reasons for common misperceptions of these.</p> <p>To identify the skills and qualities that make us successful and achieve our best.</p> <p>To recognise that the way people are portrayed in the media isn't always an accurate reflection of them in real life.</p> <p>To consider the different responsibilities that they and others have for their health and wellbeing.</p>
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