

What I should already know : Know and talk about the different factors that support their overall health and wellbeing.

Enquiry Questions

- Do we know basic information about how substances enter the body and their effects?
- Can we develop understanding of and attitudes towards medicines - how they can be helpful and their possible risks?
- Can we develop understanding of and attitudes towards health professionals?
- Can we understand why many people have injections, including immunisations?
- Can we recognise that there are ways to feel good and better without taking medicines?
- Can we understand that all drugs and many household substances can be harmful if they are used incorrectly?



Key Vocabulary

Body - the physical whole of a living or dead organism.
Caffeine - a stimulant. Stimulants make us feel more awake and alert.
Doctor - people who practice medicine.
Drugs - chemicals or substances that change the way our bodies work.
Germs - tiny organisms, or living things, that can cause disease.
Harmful - causing or likely to cause harm; dangerous.
Ill - not feeling well , or suffering from a disease.
Immunisation - gives protection against some infectious diseases.
Injection - use of a syringe and needle to push fluids or drudge into the body.
Medicine - a drug or other substance used to treat a disease, injury, pain, or other symptoms.
Nurse - give medicine, change bandages, help patients move around, and provide other treatment.



Pupils will:

- have a basic understanding of how things can get in the body and that some can be helpful and some can be harmful.
- be aware of safety rules concerning medicines and be able to name people who could help them take them safely.
- understand that many people have injections and suggest some reasons why.
- understand that there can be alternatives to medicine use to feel better.
- be able to recognise simple risks and suggest ways of managing given scenarios.

