

# Being My Best Construction

## Prior Knowledge

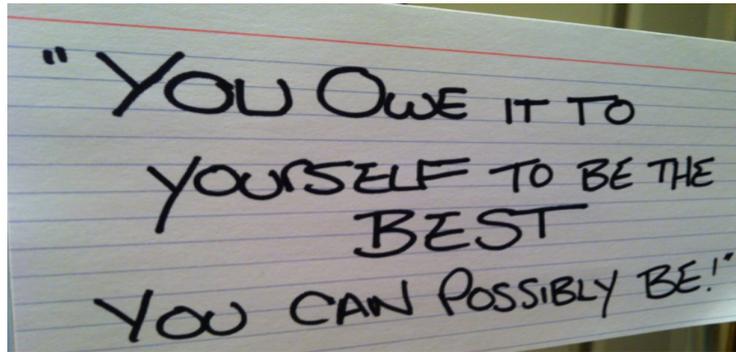
Reception – It is normal to feel a range of different emotions.

Year 1 – It's important to eat fruit and vegetables in our daily lives to be healthy.

Year 2 – There are different stages of the learning process. At different stages we may feel frustrated or upset.

Year 3 – The parts of the eat well plate can benefit our bodies in different ways.

Year 4 – There are times when we will make the same choices as our friends and other times when we will choose differently.



## My Component Knowledge:

**Lesson 1:** I know the harmful effects of smoking and alcohol.

**Lesson 2:** I understand the importance of the internal organs.

**Lesson 3:** I can identify strengths and talents.

**Lesson 4:** I can suggest ways of improving the school community.

**Lesson 5:** I understand how to responsibly help others and myself.

**Lesson 6:** I can describe and recognise start qualities and understand the importance of first aid.

## My Composite Knowledge:

I can identify, respond and react in an emergency situation that may require the emergency services.

## My Powerful Knowledge:

I understand the ways in which to be my best independently and to meet the needs of others through my own personal qualities.

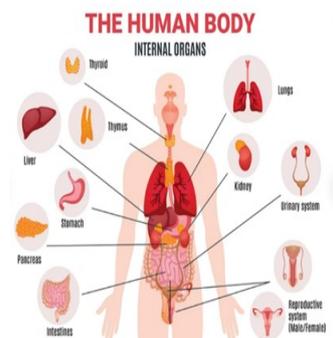
## Key Vocabulary

**Tier 1:** aid, emergency, efficient, improvement

**Tier 2:** independence, response, responsibility, qualities

**Tier 3:** community, portrayed, perception

What is the importance of first aid?



What are your strengths?

# First Aid For Children