

Year 3 Autumn 1 PSHE Tobacco is a drug



PSHE

Powerful knowledge/skills for this unit:

Pupils learn about

The definition of a drug and that drugs (including medicines) can be harmful to people

- are able to define what is meant by the word 'drug'
- can identify when a drug might be harmful

recognise that tobacco is a drug

The effects and risks of smoking tobacco and second hand smoke

- know the effects and risks of smoking and of second hand smoke on the body
- can express what they think are the most important benefits of remaining smoke free

recognise that laws related to smoking aim to help people to stay healthy, with a particular concern about young people and second hand smoke

The help available for people to remain smoke free or stop smoking

- know about some of the support and medicines that people might use to help them stop smoking
- can explain what they might say or do to help someone who wants to stop smoking

understand that there are benefits for people who choose to stop smoking but that it can be hard for someone to stop smoking once they have started

What should I already know:

What medicines are.

How to keep safe around medicines.

Big Question:

What is meant by the word drug?

Zones of regulation



The end point:

To know how smoking might effect the body and how someone might get help to stay smoke free.

Key vocabulary

Drug, tobacco, smoking, second hand smoke, smoke free, medicine, harmful, asthma, instructions.

Mindmate Monday lesson

Year 3 Autumn 1 Goals & aspirations

Lesson focus: I'm good at.... & I am going to try & be better at...by setting myself a simple target

Pupils should have the opportunity to... reflect on & celebrate their achievements & identify their strengths identify areas for improvement & set high aspirations & goals

The MindMate logo features the word 'MindMate' in a blue, sans-serif font, with a small blue smiley face icon to the right.