

Year 6 PSHE – Healthy Me

What I have learnt already...

- \* Explaining the roles that food and different substances play in people's lives
- \* Explaining how people can develop eating problems (disorders) relating to body image pressures
- \* Explaining how smoking and alcohol misuse is unhealthy
- \* Summarising different ways that I can respect and value my body

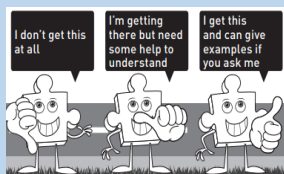


Questions for Family Learning

- \* What can you do to keep yourself physically and mentally well?
- \* What types of drugs do you know about?
- \* What makes you feel stressed?
- \* What can you do if someone is putting pressure on you?



Assessing each puzzle piece



Key Vocabulary

<b>Responsibility</b>	Being dependable, making good choices, and taking accountability for your actions
<b>Immunisations / vaccinations</b>	A way of creating immunity (protection) against certain illnesses
<b>Choice</b>	The act of picking or choosing; selection
<b>Exploit</b>	To use for one's own advantage and in a way that is unfair to the thing or person being used
<b>Drug</b>	A substance which causes physiological and / or psychological changes to occur
<b>Prescribed drug</b>	Only a doctor can legally give these drugs
<b>Illegal drug</b>	These drugs can ONLY be bought or used illegally
<b>Pressure</b>	A strong influence or burden on a person's emotions
<b>Crime</b>	Something a person does that is against the law

**Other words you will come across include:** Prevention, unrestricted, vulnerable, criminal, gangs, reputation, mental health, mental illness, stress, triggers, symptoms, managing stress

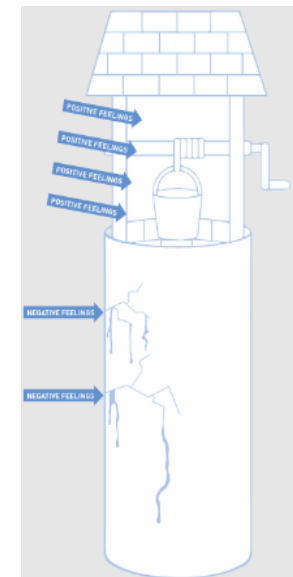


Year 6 Expectations

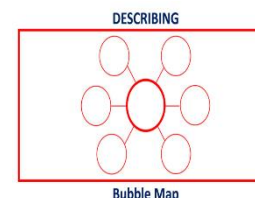
I can explain when substances including alcohol are being used anti-socially or being misused and the impact that this can have on an individual and others  
 I can identify and apply skills to keep myself emotionally healthy and to manage stress and pressure

Key knowledge

- \* Ways that I can take responsibility for my health
- \* Choosing particular foods to eat and participating in exercise will benefit my health and **well-being**
- \* I can make good **choices** related to other substances that will benefit my health
- \* I know different types of **drugs** and their uses
- \* I know how the different types of **drugs** can affect people's bodies especially their heart and liver
- \* I know and understand that some people can be exploited and made to do things that are against the law
- \* I understand the term '**gang**' and the risks involved when people join a **gang**.
- \* I can explain what it means to be emotionally well
- \* I can talk about what **stress** is and some of the possible **triggers**
- \* I understand that **stress** can cause **drug & alcohol misuse**
- \* I am motivated to be **happy** and look after my **physical and mental health**
- \* I can talk about strategies for managing **stress and pressure**



Thinking Skills



Weekly Celebration

