

## PSHE AT KINGSLEY: Year 6

**Topic:** Health and Well Being (looking After Ourselves; growing up; becoming independent; taking more responsibility)

**Question:** *How Can we Keep Healthy As We Grow?*



### Learning Expectations:

- How mental and physical health are linked
- How positive friendships and being involved in activities such as clubs and community groups support wellbeing
- How to make choices that support a healthy, balanced lifestyle including:
  - How to plan a healthy meal
  - How to stay physically active
  - How to maintain good dental health, including oral hygiene, food and drink choices
  - How to benefit from and stay safe in the sun
  - How and why to balance time spent online with other activities
  - How sleep contributes to a healthy lifestyle; the effects of poor sleep; strategies that support good quality sleep
  - How to manage the influence of friends and family on health choices
- That habits can be healthy or unhealthy; strategies to help change or break an unhealthy habit or take up a new healthy one.
- How legal and illegal drugs (legal and illegal) can affect health and how to manage situations involving them.
- How to recognise early signs of physical or mental ill-health and what to do about this, including whom to speak to in and out of school

### Programme of Study References:

H1, H2, H3, H4, H5, H6, H7, H8, H11, H12, H13, H14, H15, H16, H21, H22, H40, H46, RIO

### Key Websites:

[PSHE Association – Mental health and wellbeing \(KS2 – Y5/6\), lessons 1 and 2](#)

[PSHE Association and – The sleep factor \(KS2\)](#)

[Rise Above – Sleep \(KS2\)](#)

[Rise Above – Social media \(KS2\)](#)

### Cross Curricular:

Art and design

**Prior Knowledge:** have a basic understanding of the main ways in which we can take care of our physical and our mental health, such as eating a healthy diet, getting enough physical activity and rest, having a positive attitude and knowing which substances can be harmful.

### Essential Knowledge:

- To understand mental and physical health issues.
- To understand that positive relationships contribute to a good well-being.
- To understand how to look after ourselves and to keep ourselves healthy and safe.
- To understand the different legal and illegal drugs and the affects this has on us.
- Smoking cigarettes damages the lungs
- A drug is any substance that has an effect on your body when it enters your system.
- To understand where to go for support and help if needed.

**Key Vocabulary:** Alcohol, tobacco, drugs, self-respect, body image, physical health, mental health, healthy, unhealthy, diet, sleep, exercise, wellbeing, autonomy, consent, contact, touch, appropriate, unwanted, choice, safe, boundaries, control, respect, protect, help, support, tell, consequences, rights, alcohol, cigarettes, tobacco, e-cigarettes, vaping, vapes, vape pens, medicine, nicotine, addictive, drugs, harmful, dangerous, substances, habit, healthy, unhealthy, damage, pressure, media, legal, illegal, age restrictions, choice, mental, drugs, positive, decision, choice, influence, balanced lifestyle, emotional, body image, pressure, media, rest, consent, diet, exercise, cleanliness