



**PSHE Topic:** How can we keep healthy as we grow?

**Year: 6 Term:** Autumn

**Key Knowledge/Content:**

**Health and wellbeing.**

- To make informed decisions about health
- To understand the elements of a balanced, healthy lifestyle.
- To know about choices that support a healthy lifestyle, and recognise what might influence these.
- To recognise that habits can have both positive and negative effects on a healthy lifestyle.
- To know what good physical health means and how to recognise early signs of physical illness.
- To understand what constitutes a healthy diet and how to plan healthy meals
- To think about benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating healthily.

**Key vocabulary with definition:**

**Prior vocabulary:**

- Mental health- A person's condition about their psychological and emotional well-being.
- Mental wellbeing- Mental well-being that enables people to cope with the stresses of life, realize their abilities.

**New vocabulary:**

- Role-model- A person looked to by others as an example to be imitated.
- Empathy- The ability to understand and share the feelings of another.

**Links to:**

**Prior learning:**

To establish a healthy sleep routine.

**Future learning:**

To use the healthy lifestyle strategies in everyday life.

**By the end of this unit**

**All children can: recognise** how mental and physical health are linked.

**Most children can: demonstrate** how to recognise early signs of physical or mental ill-health and what to do about this, including whom to speak to in and outside school.

**Some children can: demonstrate** and **explain** that mental health difficulties can usually be resolved or managed with the right strategies and support

**Background understanding for teachers and parents:**

In this topic children will discuss a range of healthy lifestyle choices. They will discuss a healthy night time routine and the impact of legal and illegal drugs on mental health. Children will also discuss different strategies to help with their own mental wellbeing.

**Curriculum Driver (one):**

Healthy lifestyle.

**Evidence outcome:**

To be aware of the negative effects of a healthy lifestyle, for example the impacts of smoking, taking illegal drugs, vaping and the adverse effects an unhealthy diet can have on your body.