



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.