

Year 6 Autumn 1 and 2

How can we keep healthy as we grow?

Theme :Health and wellbeing

Looking after ourselves; growing up; becoming independent, taking more responsibility

PoS Core theme 1
Health and wellbeing

Core theme 2
Relationships

Core theme 3
Living in the wider world

<p>Healthy Lifestyles – physical wellbeing</p> <p>H1. how to make informed decisions about health</p> <p>H2. about the elements of a balanced, healthy lifestyle</p> <p>H3. about choices that support a healthy lifestyle, and recognise what might influence these</p> <p>H4. how to recognise that habits can have both positive and negative effects on a healthy lifestyle</p> <p>H5. about what good physical health means; how to recognise early signs of physical illness</p> <p>H6. about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay.</p> <p>H7. how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle</p> <p>H8. about how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn</p> <p>H11. how to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies</p>	<p>Friendships</p> <p>R10. about the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing</p>	
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<p>and fruit teas; the effects of smoking)</p> <p>H12. about the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer</p> <p>H13. about the benefits of the internet; the importance of balancing time online with other activities; strategies for managing time online</p> <p>H14. how and when to seek support, including which adults</p> <p>Mental health</p> <p>H15. that mental health, just like physical health, is part of daily life; the importance of taking care of mental health</p> <p>H16. about strategies and behaviours that support mental health — including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing</p> <p>H21. to recognise warning signs about mental health and wellbeing and how to seek support for themselves and others</p> <p>H22. to recognise that anyone can experience mental ill health; that most difficulties can be resolved with help and support; and that it is important to discuss feelings with a trusted adult</p> <p>Keeping safe</p>		
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H40. about the importance of taking medicines correctly and using household products safely, (e.g. following instructions carefully)

Drugs, alcohol and tobacco

H46. about the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break

Prior Learning:

Y5 Summer 2 How can drugs common to everyday life affect health?

Y4 Summer 2 How can we manage risk in different places?

Y3 Summer 2 Why should we keep active and sleep well?

Y3 Summer 1 Why should we eat well and look after our teeth?

Y2 Summer 1 What helps us grow and stay healthy?

Y1 Spring 1 What helps us stay healthy?

End points :-

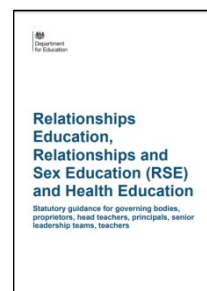
- how mental and physical health are linked
- how positive friendships and being involved in activities such as clubs and community groups support wellbeing
- how to make choices that support a healthy, balanced lifestyle including:
 - » how to plan a healthy meal
 - » how to stay physically active
 - » 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 outside school
- that health problems, including mental health problems, can build up if they are not recognised, managed, or if help is not sought early on
- that anyone can experience mental ill-health and to discuss concerns with a trusted adult
- that mental health difficulties can usually be resolved or managed with the right strategies and support
- that FGM is illegal and goes against human rights; that they should tell someone immediately if they are worried for themselves or someone else¹

Key vocabulary

FGM

***Relationship education, relationships and Sex education RSE and Health education
statutory guidance***

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>



Relationship Education – graduated age appropriate programme links

Relationship
Families and people who care for me
Caring friendships
How important friendships are in making us feel happy, secure, How people make and choose friends

Physical health and mental wellbeing : Primary

Mental well being
Pupils should know Mental well being is a normal part of daily life same way as physical health
How to judge whether what they are feeling and how they are feeling is appropriate and proportionate
Benefits of physical exercise, time outdoors, community participation, voluntary and service based activity on mental well being and happiness
Simple self care – importance of rest, time spent with friends and family, benefits of hobbies and interests
Common for people to experience mental ill health – for many people who do, the problems can be resolved if right support is made available, especially if accessed early enough
Internet safety and harms
Benefits of rationing time online, Risks of excessive time on electronic devices and impact of +ve and –ve content online on their own and other’s mental and physical well being
Physical Health and fitness
Pupils should know Characteristics and mental and physical benefits of an active life styles
Importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise
Risk associated with inactive life style (including obesity)
How to seek support if they are worried about their health
Healthy Eating
Pupils should know What is a healthy diet – calories and other nutritional content
Principles of planning and preparing a healthy meal
Characteristics of a poor diet and associated risk with unhealthy eating– obesity, tooth decay, and other behaviours e.g. impact of alcohol on diet and health

Drugs, alcohol and tobacco
Pupils should know Facts about legal and illegal harmful substances and associated risks – smoking, alcohol, drug taking
Health and prevention
Pupils should know How to recognise early signs of physical illness – e.g. weight loss, changes to body
Safe and unsafe exposure to sun, how to reduce risk of sun damage, including skin cancer
Importance of enough sleep – lack of sleep affects ability to learn, weight and mood
Dental health- good oral hygiene, dental flossing, regular check up at dentist

Citizenship	Character Education – Beamont core values Aspiration Belonging Compassion Respect	British values Rule of Law Tolerance and respect Democracy Individual Liberty Protected Characteristics Equality Act	Careers Curriculum
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Spiritual ability to be reflective about their own beliefs (religious or otherwise) and perspective on life knowledge of, and respect for, different people's faiths, feelings and values sense of enjoyment and fascination in learning about themselves, others and the world around	Moral ability to recognise the difference between right and wrong and to readily apply this understanding in their own lives, recognise legal boundaries and, in so doing, respect the civil and criminal law of England understanding of the consequences of their behaviour and actions interest in	Social use of a range of social skills in different contexts, for example working and socialising with other pupils, from different religious, ethnic and socio-economic backgrounds willingness to participate in a variety of communities and social settings, including by	Cultural understanding and appreciate the range of cultural influences that have shaped their own heritage and that of others understanding and appreciate the range of different cultures as an essential element of their preparation for life in modern Britain ability to recognise,
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<p>them</p> <p>use of imagination and creativity in their learning</p> <p>willingness to reflect on their experiences</p>	<p>investigating and offering reasoned views about moral and ethical issues and ability to understand and appreciate the viewpoints of others on these issues</p>	<p>volunteering, cooperating well with others and being able to resolve conflicts effectively</p> <p>acceptance and engagement with the fundamental British values</p>	<p>and value, the things we share in common across cultural, religious, ethnic and socio-economic communities</p> <p>knowledge of Britain's democratic parliamentary system and its role in shaping history and values, and continuing to develop</p> <p>willingness to participate positively to artistic, musical, sporting and cultural opportunities</p> <p>interest in exploring, improving understanding and respect for different faiths and cultural diversity and to understand, accept and respect diversity.</p>
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Sequence of lesson to follow

https://pshe-association.org.uk/_hcms/mem/login?hsLang=en

[Build your programme \(pshe-association.org.uk\)](https://pshe-association.org.uk)

PSHE Association power points, resources linked to topic – click on the purple links to download

NB: You will need to be logged in to the PSHE Association to access resources

Y6 Autumn 1 and 2 How can we keep healthy as we grow?

<p>Autumn 1 & 2</p> <p>How can we keep healthy as we grow?</p>	<p>Health and wellbeing</p> <p>Looking after ourselves; growing up; becoming independent; taking more responsibility</p> <p>PoS refs: H1, H2, H3, H4, H5, H6, H7, H8, H11, H12, H13, H14, H15, H16, H21, H22, H40, H46, R10</p>	<ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> » 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 outside school • that health problems, including mental health problems, can build up if they are not recognised, managed, or if help is not sought early on • that anyone can experience mental ill-health and to discuss concerns with a trusted adult • that mental health difficulties can usually be resolved or managed with the right strategies and support 	<p>PSHE Association - Health Education: food choices, physical activity & balanced lifestyles</p> <p>PSHE Association - Mental health and wellbeing</p> <p>PSHE Association and - The sleep factor (KS2)</p> <p>Every Mind Matters - Sleep, Social media & physical wellbeing (KS2)</p> <p>PSHE Association - Dental Health</p> <p>PSHE Association - Drug and Alcohol Education (Year 5-6)</p> <p>Lifebuoy - 'Soaper Heroes' lesson plans</p> <p>PSHE Association - Keeping safe: sun safety</p> <p>PSHE Association - Keeping safe: FGM</p>
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