

Goonhavern Primary School- PSHE		
TOPIC: How Can we Keep Healthy as We Grow?	YEAR: Six	STRAND: Health and Wellbeing

What should I already know?	What will I know by the end of the unit?
<p>From Year 3:</p> <ul style="list-style-type: none"> • How to eat a healthy diet and the benefits of nutritionally rich foods. • How to maintain good oral hygiene (including regular brushing and flossing) and the importance of regular visits to the dentist. • How not eating a balanced diet can affect health, including the impact of too much sugar/acidic drinks on dental health. • How people make choices about what to eat and drink, including who or what influences these.. • How regular physical activity benefits bodies and feelings. • How to be active on a daily and weekly basis - how to balance time online with other activities. • How to make choices about physical activity, including what and who influences decisions. • How the lack of physical activity can affect health and wellbeing. • How lack of sleep can affect the body and mood and simple routines that support good quality sleep. 	<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. • 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 else.

Vocabulary	
Health and Wellbeing	Feeling healthy and happy on the inside and the outside. And feeling well emotionally, physically and mentally. % ways to well being- Give, Take notice,

	Keep active, Keep learning. Connect.
Quality sleep	Getting the correct amount of sleep for your age so that your body can rest and repair itself.
Positive feelings	Experiencing emotions like happiness, excitement, joy, hope, and inspiration is vital for anyone who wants to lead a happy and healthy life.
Negative feelings	Negative emotions can be described as any feeling which causes you to be miserable and sad. These emotions make you dislike yourself and others, and take away your confidence. Emotions that can become negative are hate, anger, jealousy and sadness.
Wellbeing	The state of being comfortable, healthy, or happy on the outside and on the inside - 5 ways to well being.
Mental health	Mental health is “a state of well-being in which a person can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.
Physical health	Physical health is defined as the condition of your body, taking into consideration everything from the absence of disease to fitness level. Physical health is critical for overall well-being, and can be affected by: Lifestyle: diet, level of physical activity, and behaviour.
Behaviour	The way in which one acts or conducts oneself, especially towards others.
Triggers	Things like actions and behaviour from others and yourself which can affect your mental health negatively including grief, change and loss.
Peer pressure	Peer acceptance is the degree to which a child is socially accepted by peers . It includes the level of peer popularity and the ease with which a child can initiate and maintain satisfactory peer relationships.
Legal drugs	Legal drugs are those that can be legally sold, possessed and used, albeit often with certain restrictions. They include tobacco, alcohol, caffeine, volatile sub- stances, and over-the-counter and prescription medicines.
Illegal drugs	Illegal drugs are drugs which a person is not allowed to own or use. The law says a person cannot own a controlled drug without permission. A drug is any chemical that affects the human body or mind when it is consumed in any way.

Image/diagram that helps me to articulate my knowledge/understanding	Investigate!
	<p>See additional information for lesson plans,resources and guidance to support the teaching of this unit.</p> <ul style="list-style-type: none"> ● Role play scenarios which involve issues and actions relating to keeping healthy. ● Create posters for different ways to keep healthy. ● Create film promoting positive mental and physical health.

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