

Our School Values	
Love	We show love by valuing others and ourselves so that we can become healthy and fulfilled individuals with a sense of purpose.
Unity	We show unity by having an understanding of what it is to live in a democratic society and how to maintain healthy relationships.
Courage	We show courage by responding to challenges with confidence so that we are building resilience through hope and aspirations.
Inspiration	We show inspiration by being active citizens within our community through making informed decisions and contributing to the lives of others.



Year 6

PSHE

Healthy Me

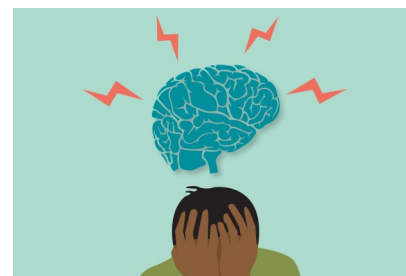


I can evaluate when alcohol is being used responsibly, anti-socially or being misused.

I can tell you how I feel about using alcohol when I am older and my reasons for this.

Knowledge I already know
<p>I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.</p> <p>I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart.</p> <p>I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations.</p> <p>I understand how the media and celebrity culture promotes certain body types. I know that some mental health issues can lead to people feeling disordered about food.</p>
Knowledge I will learn
<p>I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness.</p> <p>I know everyone feels low sometimes and that's okay.</p> <p>I know the key thing is to have resilience to bounce back.</p> <p>I know about different types of drugs and their uses and their effects on the body, particularly the liver and heart.</p> <p>I know what stress is and how it can lead to drug and alcohol misuse.</p> <p>I know the impact of food on the body e.g. creating energy, giving comfort and altering mood.</p>

Key Vocabulary	
Word	Definition
Alteration/ Altering	Something being changed Changing something
Mood	A state of mind or feeling
Evaluate	To make a judgement about something.
Mental health	A person's mental and emotional well-being
Stress	A feeling of being overwhelmed and unable to cope with mental or emotional pressure



L.I. I can take responsibility for my health and well-being	L.I. I understand what it means to be emotionally well	L.I. I know there are different categories of drugs and why these categories are important.	L.I. I know what stress is and how it can cause drug and alcohol misuse.	Safety Curriculum	Online Safety
Book lesson: We will think about the things in our life which are our responsibility and the things in our life which are someone else's responsibility. We will choose one part of our life where we would like to take more responsibility for our wellbeing.	Book lesson: We will discuss what is meant by 'mental health' and 'emotional wellbeing'. We will create an emotion well to identify things which drain our well, things which fill it and what to do to protect ourselves.	Practical lesson: We will explore the four categories of drugs and which category common drugs would be sorted into. We will discuss why drugs are categorised the way they are.	Practical lesson: Circle time with three key discussions: how the body reacts when it is under stress, what types of things which can cause stress and good ways to respond to stress.	Rail safety	Managing information online.