

Prior Learning (Skills)

Can make informed decisions about whether or not they choose to smoke when they are older

- Can make informed decisions about whether they choose to drink alcohol when they are older
- Recognise strategies for resisting pressure
- Can identify ways to keep themselves calm in an emergency
- Can reflect on their own body image and know how important it is that this is positive
- Accept and respect themselves for who they are
- Respect and value their own bodies
- Be motivated to keep themselves healthy and happy

•Prior Learning (Knowledge)

Know the health risks of smoking

- Know how smoking tobacco affects the lungs, liver and heart
- Know some of the risks linked to misusing alcohol, including antisocial behaviour
- Know basic emergency procedures including the recovery position
- Know how to get help in emergency situations
- Know that the media, social media and celebrity culture promotes certain body types
- Know the different roles food can play in people's lives and know that people can develop eating problems / disorders related to body image pressure
- Know what makes a healthy lifestyle



Year 6 – PSHE Healthy Me



Jigsaw! Charter

- We take turns to speak
- We use kind and positive words
- We listen to each other
- We have the right to pass
- We only use names when giving compliments or when being positive
- We respect each other's privacy (confidentiality)

Jigsaw! Journal

Mindfulness

Journal

Jerrie Cat's 'paws'

Key Skills

- Are motivated to care for their own physical and emotional health
- Are motivated to find ways to be happy and cope with life's situations without using drugs
- Identify ways that someone who is being exploited could help themselves
- Suggest strategies someone could use to avoid being pressured
- Recognise that people have different attitudes towards mental health / illness
- Can use different strategies to manage stress and pressure

Key knowledge

- Know how to take responsibility for their own health
- Know how to make choices that benefit their own health and well-being
- Know about different types of drugs and their uses
- Know how these different types of drugs can affect people's bodies, especially their liver and heart
- Know that some people can be exploited and made to do things that are against the law
- Know why some people join gangs and the risk that this can involve
- Know what it means to be emotionally well
- Know that stress can be triggered by a range of things
- Know that being stressed can cause drug and

Vocabulary

responsibility	the state or fact of being accountable or to blame for something
choice	an act of choosing between two or more possibilities
immunisation	the action of making a person or animal immune to infection, typically by inoculation.
drugs	a medicine or other substance which has a physiological effect when ingested or otherwise introduced into the body
effects	a change which is a result or consequence of an action or other cause
motivation	desire or willingness to do something; enthusiasm
prescribed	advise and authorize the use of (a medicine or treatment) for someone, especially in writing.
over the counter	by ordinary retail purchase, with no need for a prescription
choice	an act of choosing between two or more possibilities
crime	an action or omission which constitutes an offence and is punishable by law
drugs	a medicine or other substance which has a physiological effect when ingested or otherwise introduced into the body
illegal	contrary to or forbidden by law, especially criminal law
exploited	make use of (a situation) in a way considered unfair or underhand
criminal	a person who has committed a crime
gangs	an organized group of criminals
pressure	the use of persuasion or intimidation to make someone do something.
anti social behaviour	actions that harm or lack consideration for the well-being of others.
stress	a state of mental or emotional strain or tension resulting from adverse or demanding circumstances
mental illness	a condition which causes serious disorder in a person's behaviour or thinking.
symptoms	a physical or mental feature which is regarded as indicating a condition of disease
triggers	To cause something