

PSHE Knowledge Organiser

Year 6 - How can we keep healthy as we grow?

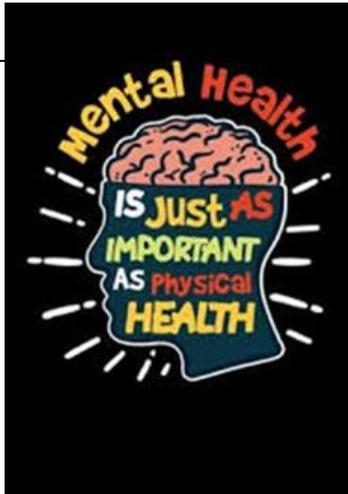
Key Vocabulary	Definition
Mental health	Mental health includes our emotional, psychological, and social wellbeing.
physical health	Physical fitness refers to good body health
well-being	a combination of physical, mental, emotional and social health.
stress	Stress is a common feeling we get when we feel under pressure. A small amount can be good and motivate us to meet our goals. But too much stress can be overwhelming.
independence	not needing the support or advice of another; self-sufficient
responsibility	Responsibility means being dependable, making good choices, and taking accountability for your actions.
FGM	Female Genital Mutilation

Prior Knowledge

Year 5 - How will we grow and change?
 - How can drugs common to everyday life affect health?

Possible experiences

Kooth - Mental Health workshop



Need help, support or more information?

NSPCC Helpline: 0808 800 5000 (24 hours, every day)
www.nspcc.org.uk

Childline Helpline: 0800 1111 (24 hours, every day)
<https://www.childline.org.uk>

PSHE Knowledge Organiser

How can we keep healthy as we grow?

In the unit, we will learn...

- 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 else.

MENTAL HEALTH

IS...

- Important
- Something everyone has
- Inextricably linked to (+ probably inseparable from) physical health
- On a continuum
- Worth making time for
- Part of being human
- Something we need to look after
- Positive + Negative
- Changeable
- Complex
- Real

ISN'T...

- A sign of weakness
- Shameful
- All in your mind
- Always something negative
- Something you decide to have
- Something to think about only when it feels broken
- An interchangeable term with mental illness
- Feeling good all the time
- Something you can snap out of
- Fixed
- Fake news

STAY SAFE IN THE SUN

eParenting.co.uk

Healthy v/s UnHealthy Lifestyle

Balance Diet

Junk Food

Self Care

Screen Time

Physical Activity

Drinking & Smoking