

YEAR 6

AUTUMN – HEALTH AND WELL-BEING



Healthy Lifestyles

To understand how images in the media can distort reality.

To understand that this can affect how people feel about themselves.

To learn about the risk and effects of drugs.

Growing and changing

To identify different ways of achieving and celebrating personal goals.

To extend understanding of how having high aspirations can support personal achievements.

To develop knowledge about the changes at puberty (*recap Y4*) and to understand how humans reproduce.

To know about roles and responsibilities of parents and carers.

Keeping safe

To develop strategies for managing personal safety in the local environment.

To know how to manage online safety, including sharing images and mobile phone safety.

To understand different influences on behaviour, including peer pressure and media influence.

To know how to resist unhelpful pressure and ask for help.

To identify who is responsible for health and wellbeing and where to get help, advice and support.

Vocabulary

media, distort, self-esteem, drugs, high aspirations, puberty, human reproduction, roles, responsibilities, strategies, personal safety, local environment, online safety, mobile phone safety, peer pressure, influence, advice, support