

# YEAR 6 PSHE

## AUTUMN 1 - 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.

### Vocabulary

Media

Distort reality

Risk

High aspirations