

Y6 – How can we keep healthy as we grow?

Knowledge

Know how mental and physical health are linked

- know how positive friendships and being involved in activities such as clubs and community groups support wellbeing
- know 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.
- know that habits can be healthy or unhealthy; strategies to help change or break an unhealthy habit or take up a new healthy one
- know how legal and illegal drugs (legal and illegal) can affect health and how to manage situations involving them
- know 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

Social and emotional 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
- 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 questions

- What can you do to keep yourself physically / mentally well?
- What types of drugs do you know about?
- What effect can these have on your physical and mental health?
- What makes you feel stressed?
- What helps you when you feel stressed?
- How can you stay calm and manage stress?
- Can you recognise signs of mental or physical health in others?
- What can you do if someone is putting pressure on you?
- What help is available if you are struggling with your physical and mental health?

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| <ul style="list-style-type: none">• know that anyone can experience mental ill-health and to discuss concerns with a trusted adult• know that mental health difficulties can usually be resolved or managed with the right strategies and support | | |
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Key vocabulary

Responsibility, Choice, Immunisation, Prevention, Drugs, Effects, Motivation, Illegal, legal, Vulnerable, Criminal, Pressure, Strategies, Reputation, Mental health, Emotional health, Mental illness, Symptoms, Stress, Triggers, Strategies, Managing stress, Pressure, balance, lifestyle,