



**Learning Module:
Spring Term 2 / Puzzle 4
Year 6 – Healthy Me**

Pupil outcomes as a result of this module –

Children will be taught about taking responsibility for their health with discussions about drugs, food and alcohol and their effects on the body. Children will be taught about exploitation: how some people are exploited and made to do things against the law and how others can be involved in gangs and the risks involved. Children will be taught about their emotional and mental wellbeing and how to manage stress and pressure and how this can cause alcohol and drug misuse.

<p><u>Knowledge</u></p> <ul style="list-style-type: none"> ○ I know what I need to keep my body healthy. ○ I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed. ○ I understand how medicines work in my body and how important it is to use them safely. ○ I can sort foods into the correct food groups and know which foods my body needs every day to keep my healthy. ○ I can make some healthy snacks and explain why they are good for my body. 	<p style="text-align: center;"><u>End of Year/Key Stage Objectives</u></p> <p>1c, To face new challenges positively by collecting information, looking for help, making responsible choices, and taking action.</p> <p>1d, to recognise as they approach puberty, how people’s emotions change at that time and how to deal with their feelings towards themselves, their families and others in a positive way.</p> <p>2e, That their actions affect themselves and others, to care about oher people’s feelings and to try to see things from their point of view.</p>
<p><u>Skills</u></p> <ul style="list-style-type: none"> ○ I am motivated to make healthy lifestyle choices. ○ I can tell you when a feeling is weak and when a feeling is strong. ○ I feel positive about caring for my body and keeping it healthy. ○ I have a healthy relationship with food and know which foods I enjoy the most. ○ I can express how it feels to share healthy food with my friends. 	<p>3b, That bacteria and viruses an affect health and that following simple, safe routines can reduce their spread.</p> <p>3c, Learn about how the body changes as children approach puberty.</p> <p>4a, That their actions affect themselves and others, to care about other people’s feelings and to try to see things from their points of view.</p> <p>4c, To be aware of different types of relations, including marriage, and those between friends and families and to develop the skills to be effective in relationships.</p> <p>4g, Where individuals, families and groups can get help and support.</p>
<p><u>Understanding</u></p> <ul style="list-style-type: none"> ○ I can decide which foods to eat to give my body energy. ○ I have a healthy relationship with food and I know which foods are most nutritious for my body. ○ I can explain why foods and medicines are good for my body, comparing my ideas with less healthy / unsafe choices. ○ I can compare my own and my friends’ choices and can express how it feels to make healthy and safe choices. 	<p>National Curriculum – Science</p> <p>1a, That the life processes common to human and other animals include nutrition, movement, growth and reproduction.</p> <p>Sex Education.</p>