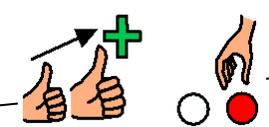


Year 6 Choices, choices, choices

Autumn 2



How do I make healthy choices for myself?

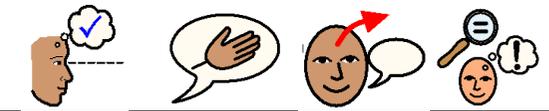


Do I know benefits and risks of different choices for my physical and mental health?



Key Vocabulary	Definition
calorie	A unit to measure the amount of energy that a food can produce when taken into the body.
nutrition	The process of providing the food necessary for health and growth.
wellbeing	The state of being comfortable, healthy and happy.
mental health	It is the way people think or feel about themselves and the world around them and how they cope with challenges and stresses.
physical health	The condition of the body, including the absence of disease and fitness level. It is critical for overall well-being, and can be affected by lifestyle: diet, level of physical activity and behaviour.

Key Outcomes
I understand the difference between physical and mental health and how they are linked.
I can recognise what a healthy balanced diet looks like including calorie intake and nutritional values.
I can consider the different uses of drugs and the benefits or risks associated with taking them.
I understand the effect that drugs have on those around you.
I understand how to respond to peer pressure and to ask for help or support.
N.B. Year 6 Science also covers <u>how to recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function.</u>





calorie



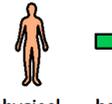
nutrition



well-being



mental health



physical health



Key Skills
I know how to identify assumptions and evaluate their impact.
I show interest in the progress of an enquiry.
I can suggest ways in which an enquiry might move to make progress.
I can suggest and explain new and novel ideas that build on the ideas of others.
I can summarise the progress of an enquiry.
I can evaluate a range of reasoned conclusions.
I can extend my thinking beyond the PSHE lessons.

Who Can you turn to for help and Support?	
Parents or trusted family member	Helpline: 0808 800 5000 (24 hours, every day) https://www.nspcc.org.uk
Your Doctor or Practice Nurse	Helpline: 0800 1111(24 hours, every day) https://www.childline.org.uk
Teachers or School Staff	https://www.nhs.uk/live-well