



Year 6 – PSHE KCV – Healthy Me

Key skills to learn:

- Know the impact of food on the body and be motivated for my physical and emotional health.
- Know about different types of drugs and their uses and their effects on the body, particularly the liver and heart.
- Evaluate when alcohol is being used responsibly, anti-socially or being misused and how I might use it when older.
- Know and can put into practice basic emergency aid procedures and know how to get help in emergency situations.
- Understand what it means to be emotionally well and can explore people’s attitudes towards mental health and illness.

SMSC Links:

Social – Use of emergency life skills in a range of social situation; support the community.

Moral – Motivation to find ways to be happy and cope with life’s situations without making poor choices which will have a negative and damaging impact.

Spiritual – Reflect on beliefs and feelings in stressful situations and adopt a range of different strategies to manage stress and pressure.

Cultural – Celebrate diversity and cultural differences; respect self and others



Words to know and spell (Tier 2 Vocabulary)

Informed	Misusing	Aggressive
Intimidating	Anti-social	Level-headed
Procedure	Recovery position	Safety
Self-respect	Energy	Emergency
Mood	Balanced	Appropriate

Words to understand and spell (Tier 3 Vocabulary)

Motivation	A great desire or willingness to do something with enthusiasm.
Drugs	A medicine/other substance which when taken has an effect on the body.
Illegal	Forbidden by criminal law.
Psychological	Affecting or arising in the mind, such as mental/emotional health issues.
Physiological	Research into the cause of violent behaviour.
Prescribed	Advice and authority (usually written) to use a medicine/treatment.
CPR	Cardiopulmonary resuscitation, helping someone not breathing.
Compressions	The action taken to increase pressure on chest during CRP.
Symptoms	Physical/mental feature indicating a disease or illness in a patient.
Emotional	A persons inner psychological feelings, often openly displayed.
Triggers	Cause, an event or situation, to happen or exist – or do something.

Concept check questions. Test yourself:

- How will you help your body be as healthy as it can be?
- Why do you think that some drugs are legal and some drugs are illegal?
- Is it possible to still have fun without drinking alcohol?
- How could you help if someone had stopped breathing?
- How do you know if you need help?