



# Jigsaw: Healthy Me



## PSHE

### Year 6 Term 4

#### What should I already know?

- How to keep healthy in a variety of ways including the importance of healthy eating and exercise.
- The health risks of smoking and some associated health risks with alcohol misuse
- That the media, social media and celebrity culture can promote certain body types
- How to get help in emergency situations
- What is safe and unsafe and how to resist when someone is putting pressure on you.

#### What am I going to learn? (Sticky Knowledge)

- I can take responsibility for my health and make choices that benefit my health and well-being.
- I know about different types of drugs and their uses and their effect on the body, particularly the liver and heart.
- I understand that some people can be exploited and made to do things that are against the law
- I know why some people join gangs and the risks this involves
- I understand what it means to be emotionally well and explore people's attitudes towards mental illness/health
- I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse

#### KEY VOCABULARY



 responsibility	 immunisation	 prevention	 unrestricted
 volatile substances	 synthetic highs	 exploited	 gangs
 crime	 stress	 anti-social behaviour	 pressure
 mental health	 mental illness	 symptoms	 triggers