



ALMOND HILL JUNIOR SCHOOL MEDIUM TERM PLAN

TOPIC TITLE/SUBJECT: PSHCE (How to Stay Healthy)

YEAR GROUP: 6

TERM: Summer 1

<p>Vocabulary</p> <p>Health, drugs, legal/illegal, anti-social behaviour, risk, self-respect, mental wellbeing, drugs, CONSEQUENCES, choices, positive/negative health, mental health, separation, wellbeing, health, maturity. Consent</p>	<p>Skills</p> <ul style="list-style-type: none"> - To realise the consequences of anti-social, aggressive and harmful behaviours especially the long lasting effects on mental wellbeing - Describe differences between positive and negative health - How drugs and substances can damage their immediate and future safety. - How to take care of their body understanding they have a right to say no. - The importance of self-respect and that mental wellbeing is a part of daily life. - What positively and negatively impacts their mental health and how to seek support if they are worried about themselves or another - How to manage risks 	<p>What we already know</p> <p>Year 3</p> <ul style="list-style-type: none"> - What is mental health -good/bad friendships - Each person’s body belongs to them <p>Year 4</p> <ul style="list-style-type: none"> - How to manage risks in familiar environments -Who is responsible for health and wellbeing? Asking for advice - Some techniques for improving our mental health <p>Year 5</p> <ul style="list-style-type: none"> - Habits including smoking/What are ‘everyday drugs’? -Habits that can improve our mental health
<p>Illustration/Application/Outcomes</p> <div style="display: flex; justify-content: space-between;"> <div data-bbox="107 925 537 1069" style="border: 1px solid black; padding: 5px;"> <p>Learning the difference between legal and illegal drugs and the effects of these</p> </div> <div data-bbox="555 893 828 1029" style="border: 1px solid black; padding: 5px;"> <p>Balancing risks inside and outside of school - scenarios</p> </div> <div data-bbox="840 885 1384 1204" style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">Mental health</p> <ul style="list-style-type: none"> -Techniques to improve mental health -How to recognise activities that are good and bad for our mental health -How to seek help for ourselves and others if we are worried about mental </div> </div> <div data-bbox="833 1212 1429 1364" style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p style="text-align: center;">How to identify and ignore anti-social behaviour. List the effects of anti-social behaviour</p> </div>		<p>Concepts</p> <ul style="list-style-type: none"> • Wellbeing • Mental health • Healthy body, healthy mind • Risk management • Substances/substance abuse • Consequences

Other/Cross- Curricular Links - Reading – Short stories about peer pressure, Computing – E-safety