




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
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<p>Illustration/Application/Outcomes</p> <p>Learning the difference between legal and illegal drugs and the effects of these</p> 	<p>Balancing risks inside and outside of school - scenarios</p>	<p>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 health 	<p>How to identify and ignore anti-social behaviour. List the effects of anti-social behaviour</p>	<p>Concepts</p> <ul style="list-style-type: none"> Wellbeing Mental health Healthy body, healthy mind Risk management Substances/substance abuse Consequences 	
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Other/Cross- Curricular Links - Reading – Short stories about peer pressure, Computing – E-safety