



PSHE	Health Education	Year 6	Spring 2
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Key Knowledge

Sleep	<ul style="list-style-type: none"> • 6-12 year olds require 10-11 hours of sleep per night but many do not reach this amount • A regular sleep schedule and a bedtime routine can help ensure a person gets good quality sleep • Screen time and energetic activities should be avoided for an hour before bed
Drugs	<ul style="list-style-type: none"> • There are many different reasons why people might decide to consume drugs e.g. friends, situation/availability of drugs, social media etc • There are also a range of factors that might influence a person's decision to not use drugs e.g. religion/beliefs, family, health etc • People could be influenced by the media regarding drugs and drug use
Disease prevention	<ul style="list-style-type: none"> • Good personal hygiene is an essential part of preventing the spread of disease • If germs do get inside our bodies, our immune system tries to fight them off – the white blood cells called antibodies are designed to do this • The body remembers germs it has fought in the past. So if those germs enter the body again, it can attack more quickly • If we have not previously had exposure to the same germs, we can still become immune through vaccines • Vaccines activate our immune system and it responds just like it would in a real invasion. This then means if the real germs enter our bodies, our immune system remembers and fights them.

Statutory requirements

Pupils should know:

- the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.
- how and when to seek support including which adults to speak to in school if they are worried about their health.
- about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.
- the facts and science relating to allergies, immunisation and vaccination.
- the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.

Key vocabulary

Spelling	Definition
Drugs	Something a person can take to change the way they think, feel or behave.
Situation based influences	Own feelings, attitudes, emotions. Mental and/or physical health.
Peer based influences	Friends' attitudes and opinions Pressure, teasing or friendly offers
Role model based influences	Family attitudes and opinions Health advice from a doctor/ nurse Teacher attitudes and actions
Society based influences	Culture, religion or belief Social norms
Media based influences	Social media, TV or film Advertising
Vaccine	A medical preparation that protects a person from an illness by making them immune
Bacteria	A small organism, some of which can cause infections and/or cause people to feel ill
Virus	A small particle that can cause infections and/or cause people to feel ill