

Intent

We believe that children need to be aware of both their mental wellbeing and their physical health, therefore we place utmost importance on educating children of all ages on how to maintain overall health. We begin with ideas of physical health at a very young age and enable children throughout the school to know what they need to do to keep their bodies healthy. We introduce ideas of mental wellbeing slightly later, in Key Stage 2, as we believe that this is the age where children are able to understand what mental wellbeing is, and how our actions and choices can impact upon it. As the children grow, our curriculum is designed to give children the knowledge of what will be happening to them and their bodies throughout the next stages of their lives. This knowledge should help them to process these changes as they occur and enables them to ask questions to help them through a time that can be confusing to a young mind. Covering all manners of ways to keep safe is vitally important in school, so children understand the purpose of rules and boundaries in all areas of their lives. The breadth of knowledge we aim to impart empowers children to make good choices that will keep them safe, whether they are outside exploring the world or within their homes.

Physical Health and Mental Wellbeing

By Year 6, students have learned many complex topics. As they are older, they will therefore be able to apply their greater range of experiences to help them reflect with new perspective on previous learning. Children at this point in Year 6 are going through their SATs, and then facing the transition to high school. These reasons mean that revisiting our previous conversations around mental health will be crucial, as well as signposting where children will be able to access help from if they need it.

Growing and Changing

As children progress into high school, pressure from media and social media will become increasingly apparent. Children need to know how these external messages have been pushed and they need to know how to resist this, curating their own self esteem based on who they are, not through comparison to others. They may also face increasing peer pressure, particularly when it comes to social media and sending/posting images. Children need to know that these images are often not kept private, to help them make informed choices in the digital world. By teaching them that they have choices in all things, including what they do with their bodies, when they do it, and what they can do to help themselves to prevent unwanted consequences, we help children to make informed decisions and use their voices to speak up for what they want.

Keeping Safe

We continue the theme of choices throughout this term, teaching children that even if all of their friends are doing something, it does not mean they have to too. By informing them of the consequences of drugs, including nicotine, children are able to understand what the consequences of their actions may be, helping them to understand the choices they may make in the future.

	Physical health and mental wellbeing	Growing and changing	Keeping safe
Year 6	<p><u>Recap</u></p> <p><u>All of ks2 to identify gaps</u></p> <p><u>Crucial</u></p> <p><u>Repeat/consolidate any gaps in knowledge</u></p> <p>You can speak to the doctor if you feel you need help with either your mental or physical health.</p> <p>You can also seek support online, through organisations such as Childline, Samaritans or Young Minds. Trusted adults at school can help to refer you to the right service for you.</p> <p><u>Extended</u></p> <ul style="list-style-type: none"> Mental/physical health conditions 	<p><u>Recap</u></p> <p>Y5 Science reproductive system recap to go into intent.</p> <p><u>Crucial</u></p> <p>We have choices about what we do with our bodies.</p> <p>You can use contraception to prevent pregnancy</p> <p>Body image is the phrase we use to describe how people think and feel about their own bodies. Messages about 'how we look' can come from peers, advertising, magazines, TV, films, music videos and from social media.</p> <p>Any pictures you send may not remain private.</p> <p>Up to 100% of images seen in fashion magazines have been digitally altered to make the skin, hair, makeup or bodies look 'perfect'.</p>	<p><u>Recap</u></p> <p>A drug is something that when it goes into our body changes how we think and feel.</p> <p>Medicines are legal drugs given to you by a doctor. You should take medicine exactly as the doctor says and never take anyone else's.</p> <p>All medicines are drugs, but not all drugs are medicines.</p> <p><u>Crucial</u></p> <p>We have choices about what we put in our bodies. Smoking cigarettes damages the lungs. It is illegal to buy cigarettes under the age of 18 in the UK. In the UK, you have to be 18 or above to buy alcohol.</p> <p>Drugs contain chemicals which can come from natural sources or are man-made</p> <p>Taking drugs you do not need is harmful. It can also be illegal.</p> <p><u>Extended</u></p> <p>People who sell drugs are known as 'drug dealers' and they are criminals.</p>