



The ASPIRE Curriculum-Key Learning

Title: Healthy Me

Year 6 Spring 2

Subject: PSHE

Key Knowledge	Key Skills (Social and Emotional)	Key Vocabulary	
<ul style="list-style-type: none"> • I can understand how to take responsibility for my own health. • I can understand how to make choices that benefit my own health and well-being. • I can understand about different types of drugs and their uses. • I can understand how these different types of drugs can affect people's bodies, especially their liver and heart. • I can understand that some people can be exploited and made to do things that are against the law. • I can understand why some people join gangs and the risk that this can involve. • I can understand what it means to be emotionally well. • I can understand that stress can be triggered by a range of things. • I can understand that being stressed can cause drug and alcohol misuse.  <div data-bbox="372 1188 713 1256" style="background-color: purple; color: white; padding: 5px; text-align: center;">Prescribed</div>	<ul style="list-style-type: none"> • I am motivated to care for my own physical and emotional health. • I am motivated to find ways to be happy and cope with life's situations without using drugs. • I can identify ways that someone who is being exploited could help themselves. • I can suggest strategies someone could use to avoid being pressured. • I can recognise that people have different attitudes towards mental health / illness. • I can use different strategies to manage stress and pressure. <div data-bbox="1207 921 1567 1042" style="background-color: purple; color: white; padding: 10px; text-align: center; margin: 10px auto; width: fit-content;">Anti-social behaviour</div> 	<p>Anti- social behaviour</p>	<p>Behaviour by a person which causes, or is likely to cause harassment, alarm or distress to others.</p>
		Exploited	When someone is used selfishly or unfairly.
		Illegal	When something is against the law.
		Immunisation	To make someone safe from disease (usually by injection)
		Mental health	The emotional and social health of the mind.
		Over-the counter	An ordinary retail purchase (no prescription needed)
		Prescribed	A medicine or treatment a person needs given to them by a health professional.
		Restricted	Something that has a limit on someone or something.
		Unrestricted	When there are no limits to something.

Healthy Me

