**Year 6 Autumn Health and Wellbeing**

**How can we keep healthy as we grow?**

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**Previous Learning:**

**Year 3 Health and Wellbeing**

**Why should we keep active and sleep well?**

• how regular physical activity benefits bodies and feelings

• how to be active on a daily and weekly basis - how to balance time online with other activities

• how to make choices about physical activity, including what and who influences decisions

• how the lack of physical activity can affect health and wellbeing

• how lack of sleep can affect the body and mood and simple routines that support good quality sleep

• how to seek support in relation to physical activity, sleep and rest and who to talk to if they are worried

**Vocabulary**

* Looking after ourselves
* growing up
* becoming independent
* taking more responsibility

**Key Knowledge for unit**

**Children will learn:**

* how mental and physical health are linked
* how positive friendships and being involved in activities such as clubs and community groups support wellbeing
* how to make choices that support a healthy, balanced lifestyle including:

how to plan a healthy meal

how to stay physically active

how to maintain good dental health, including oral hygiene, food and drink choices

how to benefit from and stay safe in the sun

how and why to balance time spent online with other activities

* how sleep contributes to a healthy lifestyle; the effects of poor sleep; strategies that support good quality sleep
* how to manage the influence of friends and family on health choices
* that habits can be healthy or unhealthy; strategies to help change or break an unhealthy habit or take up a new healthy one
* how legal and illegal drugs (legal and illegal) can affect health and how to manage situations involving them
* how to recognise early signs of physical or mental ill-health and what to do about this, including whom to speak to in and outside school
* that health problems, including mental health problems, can build up if they are not recognised, managed, or if help is not sought early on
* that anyone can experience mental ill-health and to discuss concerns with a trusted adult
* that mental health difficulties can usually be resolved or managed with the right strategies and support