

# Fens Primary School Knowledge Organiser



PSHEE Focus: Relationships

It's My Body

Year 6

Term: 2A

## Key Learning

- I know that my body belongs to me and that I have control over what happens to it.
- I understand why getting enough exercise and enough sleep is important.
- I know how to take care of my changing body.
- I understand the harmful effects of using drugs, including alcohol and tobacco
- I understand what a positive body image is
- I can make informed choices in order to look after my physical and mental health.

## Home Learning

- A Healthy Recipe:** For this task, children are encouraged to research and if possible, prepare a healthy snack or a meal, commenting on why they consider their choice to be a healthy option.
- Sleep Chart:** In this activity, children will record their bedtime routine over the course of a week, reflecting on how the amount of sleep they have had affects how they feel the following day.

## Key Vocabulary

autonomy, consent, contact, touch, appropriate, unwanted, choice, safe, boundaries, control, respect, protect, help, support, tell, consequences, rights choices, consequences, sleep, deprivation, impact, effects, positive, negative, physical, emotional, mental, health, wellbeing, mindfulness, meditation, habit, routine health, wellbeing, care, habits, healthy eating, diet, exercise, physical, mental, teeth, oral, dental, body, sun exposure, illness, bacteria, virus, germs, infection, hygiene, medicines, allergies, responsibility

**Let's Get Physical!**

You might be wondering how physical activity can also be good for our mental health...

- reduced stress levels
- boosted brain power
- increased self-esteem
- reduced anxiety
- increased energy
- reduced depression
- improved social connections

## Useful Websites

- PSHE KS2: Growth Mindset - BBC Teach
- PSHE KS2 / KS3: Spark - Fire up your future - BBC Teach
- PSHE - BBC Teach
- Commando Joe's

