

National Statutory Requirements

(DFE Statutory Guidance on Health Education and Relationship Education)

- what constitutes a healthy diet (including understanding calories and other nutritional content)
- the principles of planning and preparing a range of healthy meals
- the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or 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

PSHE



Health & Hygiene – Year 6

Progression of Skills

(PSHE ASSOCIATION PROGRAMME OF STUDY 2020)

- H1. how to make informed decisions about health
H2. about the elements of a balanced, healthy lifestyle
H3. about choices that support a healthy lifestyle, and recognise what might influence these
H6. about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay.
H9. that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it

Series of Lessons

- Explain what makes a healthy diet and why it is important.
- Understand what influences our choices when deciding what to eat and drink.
- Plan and prepare a healthy meal.
- Soaper Heroes.
- Understand how the correct use of medicines, vaccinations and immunisation, can help to maintain health and wellbeing.

Unit Outcome

In this unit of work, pupils learn:

- how choices can affect a healthy lifestyle (PSHE Association Health Unit) (Also covered in Science - Animals including humans L4 & 5)
- about what constitutes a healthy diet and how to plan healthy meals (PSHE Association Health Unit L1)
- how bacteria and viruses can affect health (Covered in Science – Living things and their habitats L3)
- hygiene routines to limit the spread of infection (Soaper Heroes)
- how to take responsibility for personal hygiene during adolescence (Puberty and Reproduction Unit Summer 2)
- how medicines contribute to health, and how to use them responsibly and safely (PSHE Association Drug and Alcohol Unit L1)
- how to manage allergies including how to respond in an emergency (PSHE Association Drug and Alcohol Unit L1)
- about how vaccines and immunisations can prevent some diseases (PSHE Association Drug and Alcohol Unit L1)

R&R and Herne Harmony Values

Article 24, Article 27

Independence, Motivation

Vocabulary

carbohydrates, calories, dairy, habits, fats, fatty acids, minerals, nutrition, ultra-processed, junk food, protein, pulses, starch, sugar, sweeteners, vitamins balanced, choice, decision, dilemma, diet, healthy, influence, negative, persuade, positive, pressure, processed, situation, adverts, advertising, cooking, ingredients, preparation, safety, medicine, recover, health condition, immune/immunisation, vaccination, population, prescribed, emergency, insulin, EpiPen, diabetes, asthma, eczema, allergy, dose

Resources

Flipcharts
Worksheets on system,
Baseline Assessments,
Resources on system.