



## Trinity Primary School – R/HSE Knowledge Curriculum

### Preparing for the demands of society for the future

Term: Summer 1

Year Group: Year 6

Topic: Healthy Me

Key Vocabulary		Key Questions
<b>Prevention</b>	The act or practice of stopping something bad from happening	<ul style="list-style-type: none"> <li>• What can you do to keep yourself physically / mentally well?</li> <li>• What types of drugs do you know about?</li> <li>• What makes you feel stressed?</li> <li>• What helps you when you feel stressed?</li> <li>• Can we share a Calm me time together?</li> <li>• Does Calm Me time help you stay calm and manage stress?</li> <li>• Can you recognise when anyone in our family is stressed?</li> <li>• What can you do if someone is putting pressure on you?</li> <li>• How does being able to do Calm me time help you regulate your emotions?</li> </ul>
<b>Motivation</b>	Defined as the reasons why you are doing something, or the level of desire you have to do something defined as the reasons why you are doing something, or the level of desire you have to do something	
<b>Unrestricted</b>	Free to do it in the way that you want, without being limited by any rules.	
<b>Prescribed</b>	An instruction written by a medical practitioner that authorizes a patient to be issued with a medicine or treatment	
<b>Over-the-counter</b>	Available without a prescription	
<b>Drugs</b>	Any substance intended for use in the diagnosis, cure, mitigation, treatment, or prevention of disease in humans or other animals. A habit-forming medicinal or illicit substance, especially a narcotic.	

Links to **HEART** and British Values

Wider opportunities for exploration

<p><b>HEART</b></p> <p><b>Health</b>    <b>Engagement</b></p> <p><b>Respect</b></p>	<p><i>British Values</i></p> <p><i>Rule Of Law</i></p>	<p>Fun Run</p> <p>Assessment Questions</p> <ol style="list-style-type: none"> <li>1) When is it sometimes OK to take drugs?</li> <li>2) Give two ways in which you can stay mentally / physically well?</li> <li>3) How might you become aware that you are feeling stressed?</li> <li>4) Why might someone become addicted to drugs?</li> </ol>
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Assessment

Working towards

I can tell you how substance misuse has an unhealthy impact on the body and mind.

I can tell you how I try to keep myself emotionally healthy.

Working at

I can explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others.

I can identify and apply skills to keep myself emotionally healthy and to manage stress and pressure

Working beyond

I can give an account of different ways in which people in our society use substances including alcohol as part of their lifestyle, and evaluate the health risks between responsible use, anti-social use and misuse.

I can reflect on the links between mental/emotional health and alcohol and substances. I have considered what my attitude to these may be when I am older.