

Year 6- Health and Well Being Knowledge organiser



The importance of fibre and nutrients

Develop understanding of a healthy body and mind

Key Vocabulary

- Goal
- Healthy
- Exercise
- Active
- Benefits
- Alcohol
- Risks
- Effects
- Cannabis
- Volatile substance abuse
- Debate
- House of commons
- Differences
- Trust
- Appearance ideals
- Sun damage
- Healthy lifestyle
- Active lifestyle
- Mental health
- Physical health

Previous and future knowledge

Key Objectives

- To set a goal
- To understand the importance of exercise
- To explain the risks associated with alcohol
- To understand the risks associated with cannabis and volatile substance abuse
- To understand how a parliamentary debate takes place in the House of Commons
- To understand explain difference and similarities.
- To develop critical think skills about information available inline. This includes thinking critically about information, people who may try to talk to you and images online.
- To explain how to keep my body and mind healthy
- To explain how and when to share feelings

Online External resources

- <https://www.parliament.uk/>
- <https://eatlikeachamp.co.uk/>
- <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>
- <https://www.nhs.uk/every-mind-matters/>
- <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/>

Democracy

British Values

Democracy can be seen as a state of society characterised by equality of rights and privileges. It can also refer to our nation's electoral systems.

