

# Keeping/Staying Healthy

TOPICS: Alcohol and Summative Assessment - *Suggested for Year 6*

We have chosen to deliver this topic in year(s):

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## Year Intent



In Year 6, children consolidate and extend their understanding of how to maintain a healthy lifestyle by exploring the risks associated with alcohol and how it can affect immediate and future health.

They learn to recognise risky choices and evaluate how situations and influences may affect decision making.

As they prepare for greater independence, pupils develop strategies to make responsible, healthy choices and reflect on how their actions can support their own wellbeing and that of others.

## Curriculum Links

### Statutory RSHE Links

General wellbeing; Personal safety; Health protection and prevention; Being safe; Healthy eating; Drugs, alcohol, tobacco, and vaping

## Ask me a question!

**What affects can alcohol have on your body?**

**If you or anyone you know is struggling with a mental health issue, what could you do?**

**Extension lesson question - what affects can drugs have on your body?**

## Knowledge & Skills Progression

### Alcohol - Pupils should...

- identify what is a risky choice
- explain the risks associated with alcohol
- describe how alcohol can affect your immediate and future health develop and recognise skills and strategies to keep safe

To review drug extension skills progression see topic/notes.

### What I've Learnt - Pupils can...

- confidently apply and justify healthy choices that support their own health and wellbeing
- evaluate situations and influences that may affect their health and respond responsibly
- clearly explain and justify the difference between healthy and unhealthy choices
- take increasing responsibility for maintaining healthy habits and supporting the wellbeing of themselves and others



## I will learn the following new words/phrases:

**I now know...**

|                          |  |
|--------------------------|--|
| <b>Alcohol</b>           | A chemical called ethanol that is found in alcoholic drinks.       |
| <b>Ethanol</b>           | A chemical compound that is a type of alcohol.                     |
| <b>Fermentation</b>      | A chemical change that happens in vegetable and animal substances. |
| <b>Unit</b>              | A way to tell how strong your drink is.                            |
| <b>Legal age limit</b>   | An age under or over which something can or cannot be done.        |
| <b>Alcohol poisoning</b> | When a person drinks a toxic amount of alcohol.                    |

## Extension Lesson Vocabulary

|                         |  |
|-------------------------|--|
| <b>Cannabis</b>         | A drug that comes from a plant.  |
| <b>Illegal drugs</b>    | Drugs which a person is not allowed to own or use.                     |
| <b>Mental illness</b>   | Health conditions involving changes in thinking, emotion or behaviour. |
| <b>Criminal offence</b> | The act of breaking a law or rule or doing something wrong.            |
| <b>Substances</b>       | The material, or matter, of which something is made.                   |