



Year 6



PSHE Autumn 2

This half term we will be exploring how we can keep healthy as we grow and including anti bullying week.

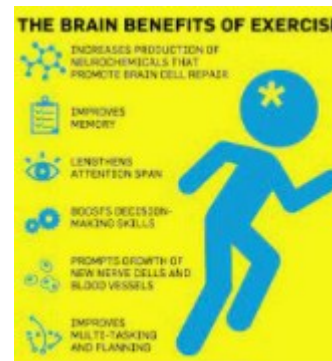
Important questions that we will be exploring

- What are some signs of ill health?
- How are illness' spread? How can we prevent this?
- What is bullying? How can you help someone who is being bullied?
- What are the benefits of exercise, good dental hygiene and sleep?
- What would happen if we neglected these?



- Our lessons will include the following;
- The benefits of exercise.
- How to keep our teeth healthy.
- How to stay safe in the sun..
- What is a bully? The affects of being bullied on our mental and physical health.
- What to do if we are or someone we know is being bullied.
- How to help stop bullies.

Vocabulary	Definition
Sign	What we can see is wrong with a patient.
Symptom	What the patient must tell us is wrong with them.
Inactive	Being still, not doing any exercise.
Oral health	The quality of health in our mouth.
Immunisation	A way to create immunity from diseases.
Virus	A type of germ.



Before we learn our unit

- 1) What is the difference between a sign and a symptom?

- 2) Write down the short term affects of exercise.

- 3) What would you do to help someone who is being bullied?

After we have learnt our unit:

- 1) What is the difference between a sign and a symptom?

- 2) Write down the short term affects of exercise.

- 3) What would you do to help someone who is being bullied?