

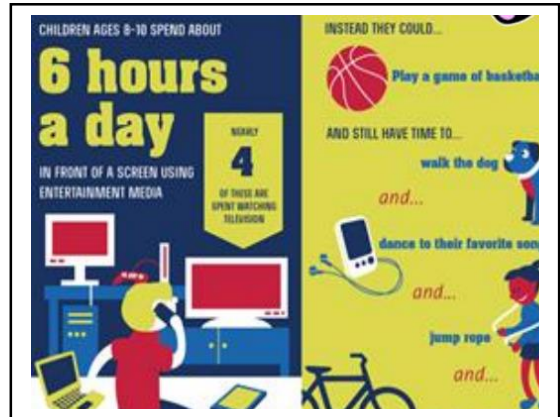
UKS2 PSHE Knowledge Organiser

Year: 6 Term: 4

Focus - Healthy Me

National Curriculum Objectives

- Know how to take responsibility for their own health
- Know how to make choices that benefit their own health and well-being • Know about different types of drugs and their uses
- Know how these different types of drugs can affect people's bodies, especially their liver and heart
- Know that some people can be exploited and made to do things that are against the law
- Know why some people join gangs and the risk that this can involve
- Know what it means to be emotionally well
- Know that stress can be triggered by a range of things
- Know that being stressed can cause drug and alcohol misuse



Key vocabulary

Word	Meaning
Eating disorder	Abnormal or disturbed eating habits.
Social media	Websites and applications that enable users to create and share information
Body image	Is the feeling that a person has of their physical self and the thoughts and feelings that result from that perception.

Sticky Knowledge:

We have choices about what we put in our bodies.

Smoking cigarettes damages the lungs.

A drug is any substance that has an effect on your body when it enters your system.

Photos, videos and comments we post on social media are impossible to completely delete.

Not joining in with something you are comfortable with is not being a coward - it is the bravest thing you can do.