






Year 6 Autumn: PSHE Knowledge Mat

How can we keep healthy as we grow?

Key Vocabulary		Images	Core Knowledge
Physical Health	the normal functioning of the body	 	<ul style="list-style-type: none"> ➤ I know how mental and physical health are linked ➤ I know how positive friendships and being involved in activities such as: clubs and community groups support wellbeing ➤ I know how to make choices that support a healthy, balanced lifestyle ➤ I know how to plan a healthy meal ➤ I know how to stay physically active know how to maintain good dental health, including oral hygiene, food and drink choices ➤ I know how to benefit from and stay safe in the sun ➤ I know how and why to balance time spent online with other activities ➤ I know how sleep contributes to a healthy lifestyle; the effects of poor sleep; strategies that support good quality sleep ➤ I know how to manage the influence of friends and family on health choices ➤ I know that habits can be healthy or unhealthy; strategies to help ➤ I know change or break an unhealthy habit or take up a new healthy one ➤ I know how legal and illegal drugs (legal and illegal) can affect health and how to manage situations involving them ➤ I know how to recognise early signs of physical or mental ill-health and what to do about this, including whom to speak to in and outside school ➤ I know that health problems, including mental health problems, can build up if they are not recognised, managed, or if help is not sought early on ➤ I know that anyone can experience mental ill-health and to discuss concerns with a trusted adult ➤ I know that mental health difficulties can usually be resolved or managed with the right strategies and support
Mental health	state of mental well-being that enables people to cope with the stresses of life		
Lifestyle	the way in which a person lives		
Dental health	the health of the teeth, gums, and the entire oral-facial system that allows us to smile, speak, and chew.		
Influence	the capacity to have an effect on the character, development, or behaviour of someone or something		
Legal	permitted by law		
Illegal	forbidden by law		
Ill-health	a state in which you are unable to function normally and without pain.		

Year 6 Spring: PSHE Knowledge Mat




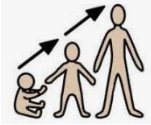
Living the wider world – How can the media influence people?

Key Vocabulary		Images	Core Knowledge
Manipulate	to negotiate, control, or influence	  	<ul style="list-style-type: none"> ➤ I know how the media, including online experiences, can affect people’s wellbeing – their thoughts, feelings and actions ➤ I know that not everything should be shared online or social media and that there are rules about this, including the distribution of images ➤ I know that mixed messages in the media exist (including about health, the news and different groups of people) and that these can influence opinions and decisions ➤ I know how text and images can be manipulated or invented; strategies to recognise this and how to evaluate how reliable different types of online content and media are, e.g. videos, blogs, news, reviews, adverts ➤ I know how to recognise unsafe or suspicious content online and what to do about it ➤ I know how information is ranked, selected, targeted to meet the interests of individuals and groups, and can be used to influence them ➤ I know how to make decisions about the content they view online or in the media and know if it is appropriate for their age range ➤ I know how to respond to and if necessary, report information viewed online which is upsetting, frightening or untrue ➤ I know to recognise the risks involved in gambling related activities, what might influence somebody to gamble and the impact it might have ➤ I know what influences people’s decisions, taking into consideration different viewpoints
Media	different channels of communication that provide us with information or messages, like the news or programmes.		
Content	That which is contained		
Suspicious	there is some aspect of them which makes you think that they are involved in a crime or a dishonest activity.		
Ranked	to determine the relative position of : rate		
Influence	the power to have an important effect on someone or something.		
Gambling	a risk where money (or something else of value) is swapped in the hope of winning something better		
Stereo typing	a commonly held public belief about specific social groups or types of individuals		
Discrimination	unfair treatment of one person or group of people		
Extremism	Vocal or active opposition to commonly held values, particularly British values, such as democracy and the rule of law.		
Viewpoint	a position or perspective from which something is considered or evaluated		
Social Media	Interactive technologies that facilitate the sharing of information, ideas, career interests and other forms of expression through virtual networks.		

Year 6 Summer: PSHE Knowledge Mat

Relationships - What will change as we become more independent?

How do friendships change as we grow?

Key Vocabulary		Images	Core Knowledge
Ethnicity	the social group a person belongs to, and either identifies with or is identified with by others, as a result of a mix of cultural and other factors including language, diet, religion, ancestry and physical features traditionally associated with race		<ul style="list-style-type: none"> ➤ I know that people have different kinds of relationships in their lives, including romantic or intimate relationships ➤ I know that people who are attracted to and love each other can be of any gender, ethnicity or faith; the way couples care for one another I know that adults can choose to be part of a committed relationship or not, including marriage or civil partnership ➤ I know that marriage should be wanted equally by both people and that forcing someone to marry against their will is a crime ➤ I know how puberty relates to growing from childhood to adulthood ➤ I know about the reproductive organs and process - how babies are conceived and born and how they need to be cared for ➤ I know that there are ways to prevent a baby being made² ➤ I know how growing up and becoming more independent comes with increased opportunities and responsibilities ➤ I know how friendships may change as they grow and how to manage this ➤ I know how to manage change, including moving to secondary school; ➤ I know how to ask for support or where to seek further information and advice regarding growing up and changing
civil partnership	a legal relationship which can be registered by two people who aren't related to each other		
Conceived	to become pregnant, or to cause a baby to begin to form		
Relationships	the way in which two or more people or groups regard and behave towards each other		
Gender	an individual's personal and social identity as a man, woman or non-binary person		
Committed	in or denoting a long-term emotional relationship		
Puberty	The time of life when a child experiences physical and hormonal changes that mark a transition into adulthood		
Organs	a part of an organism which is typically self-contained and has a specific vital function		