



## Knowledge Organiser

**Year: 6 Subject: RSHE Block 3 Keeping Healthy**  
**Units: Mental Wellbeing; Physical Health and Fitness/Healthy Eating;**  
**Drugs, Alcohol and Tobacco; Health and Prevention**

### Overview:

During this sequence of learning, pupils will recognise how images in the media, including online do not always reflect reality and can affect how people feel about themselves. Pupils will understand the importance of daily exercise and the impact of diet in lifestyle. Pupils will know some key facts and risks associated with smoking, alcohol and drugs. Pupils will have an awareness that infections can be shared during sexual intercourse and that a condom can help to prevent this.

### What should I already know?

- Puberty can start from the age of eight years, being triggered by a range of hormonal changes that help the transition from childhood to adulthood. Hormones can change quickly and frequently, causing emotions to also change quickly and frequently. This can result in feeling like you are on an emotional rollercoaster.
- Sports and active hobbies are a great way to get moving, which is really important for my physical health, and can help improve my confidence and self-esteem. After I have been physically active I can feel happier, more enthusiastic and sleep better at night.
- If you use alcohol or drugs for a long time it can cause serious issues for your mental and physical health. Drugs may cause mental illness for the first time, can make you more unwell and more likely to try and harm yourself. Drinking alcohol and getting drunk affects the way you think and feel; some people drink alcohol to try to cope with worries but it is dangerous and can damage your body. Smoking tobacco is really bad for your health; it can cause serious problems such as cancer. Tobacco is addictive so once you start it can be very difficult to stop.

### What will I know by the end of the unit?

- Body image is a term used to describe how you feel about the way you look. We are all physically different from one another and ideas about what is 'perfect' or 'attractive' vary depending on personal likes and dislikes. Attraction is not just based on someone's physical appearance.
- The media often manipulates images to create a 'perfect' body, but this is not representative of how anyone actually looks and can be used as a marketing technique to trick us into buying something on the belief that it will help us to look and feel more attractive. This can you to worry about how you look so it is important to feel positive about your body and image.
- Regular exercise and eating a healthy, balanced diet is essential in maintaining both physical and mental health and well-being. Healthier lifestyles are associated with improved sleep and mood.
- We are all eating too much sugar, saturated fat and salt; our everyday food and drink can contain surprisingly high amounts, meaning most of us are eating more than we realise which can lead to obesity. Eating too much sugar and saturated fat can lead to a build-up of harmful fat around our vital organs which can cause serious diseases in the future like heart disease, type 2 diabetes and some cancers. People sometimes add salt to food to make it taste better but too much salt can give you high blood pressure and increase the risk of having a stroke or heart disease. It is important to find out and compare what is in our food and drink so we can make healthier choices.
- Drugs may cause mental illness for the first time, can make you more unwell and more likely to try and harm yourself. Some people drink alcohol to try to cope with worries but it is dangerous and can damage your body. Smoking tobacco can cause serious problems such as cancer; tobacco is addictive so once you start it can be very difficult to stop.

- There is a legal age limit for drinking alcohol because of its effect on the brain of young people; since your brain is still maturing, alcohol can have a negative effect on your memory and long term thinking.
- If a person with a cold sneezed in the classroom, they could give the cold to other people as microscopic droplets of moisture carrying the cold virus fly out into the room. The microscopic droplets can enter another person's body and infect them. Similarly, infections that are carried in other bodily fluids such as blood can easily spread. This means that people can share infections when they have sexual intercourse as the vagina becomes wet (which is a bodily fluid) and sperm is released into the vagina.
- It is always the right thing to see a doctor if you have any concerns about your body or health including STI's. A doctor can test and often treat an STI but the longer someone has one the harder it can be to treat.

### Vocabulary:

Media	The internet, magazines, TV, newspapers etc considered as a group.
Body image	The idea that someone has of what their body looks like.
Discerning consumer	Someone who makes good judgement when buying a product or service.
Diet	The food and drink usually eaten or drunk by a person.
Nutrition	How food affects the health of the body.
Calories	A measurement of the amount of energy a food provides the body.
Obesity	Overweight in a way that is dangerous for health.
Hydration	The process of making your body absorb water or other liquids.
Health	The condition of the body; the state of being well.
Well-being	The state of feeling healthy and happy.
Drug	A chemical, often used illegally, to make you feel different or because you can't stop taking it.
Alcohol	A liquid such a beer, wine or spirit which can make you drunk.
Attitudes	The way you think or feel about somebody or something.
Law	A rule, usually made by the government.
Infection	A disease in a part of your body caused by bacteria or a virus.
Sexually Transmitted Infection  (STI)	An illness passed from one person to another by sexual activity.
Condom	A thin rubber covering a man can wear on his penis during sexual intercourse to stop a woman becoming pregnant or to protect him or his partner against infectious diseases.