The ASPIRE Curriculum-Key Learning

Title: Healthy Me Year: Year 6 Subject: PSHCE

Key Knowledge	Key Skills	Key Vocabulary	
• Know how to take responsibility for their own health	• Are motivated to care for their own physical and emotional health • Are motivated to find ways to be happy and cope with life's situations without using drugs • Identify ways that someone who is being exploited could help themselves • Suggest strategies someone could use to avoid being pressured • Recogise that people have different attitudes towards mental health / illness • Can use different strategies to manage stress and pressure		Responsibility
• Know how to make choices that benefit their own health and well-being			Choice
• Know about different types of drugs and their uses			Immunisation
• Know how these different types of drugs can affect people's bodies, especially their liver and heart			Prevention
• Know some people can be exploited and make to do things that are against the law			Effects
• Know why some people join gangs and the risks that this can involve			Prescribed
• Know what it means to be emotionally well			Restricted
• Know that stress can be triggered by a range of things			Volatile substances
• Know that being stressed can cause drug and alcohol misuse			Exploited
			Vulnerable
			Criminal
			Gangs
			Anti-social behavior
			Mental illness