



LKS2 Summer 1: We are Healthy

We are learning....

- That our bodies belong to us and we need to give consent for other people to touch our bodies—this includes what to do or who to speak to if we are worried about our safety. We will learn about our boundaries around physical touch and talk about feeling confident to say “no” or “stop” to any unwanted touch. We will also briefly look at FGM as a way of harming women and what children should do if they are worried about this.
- How to keep our bodies and our minds healthy with the choices we make. We will look at what choices we need to make with our food, drink, exercise and habits to keep us happy and healthy. This includes looking at sleep, brushing our teeth and screen time limits.
- Why getting a good nights sleep is good for us and how to develop good sleep habits. We will also be looking at what might happen if we don't get enough sleep.
- How different substances can be harmful to your body even if they are legal and easy to obtain like caffeine, whilst also being able to identify which substances can harm the body. We will look at medicines and how to stay safe when using them.



Quiz questions:

What does the word consent mean?

How do we make good choices in school, at home or out and about?

How do you keep your body, mind, teeth and mental state healthy?

How much sleep do we need? How do we design a healthy sleep routine?

What is sleep deprivation?

Do you know what things around you are considered drugs? How do you stay safe around different substances? What is peer pressure?

Key Vocabulary

choice	Options we have about what to do.
consent	To give permission or agree to something.
touch	Physical contact from another person.
uncomfortable	Something we feel isn't OK or that makes us feel unsettled.
sleep deprivation	Not getting enough sleep.
bedtime routine	Things we regularly do before going to bed.
sleep hygiene	Having good habits to regularly get enough sleep.
germs	Bacteria that can make us unwell.
drugs	A substance that has an effect on our body.
medication	A substance that is prescribed by a doctor to help if someone is feeling unwell.
addiction	Enjoying the effects of something and wanting to experience this more and more.



Children will be given opportunities to ask any questions they may have and adults in the class will set aside time to explore any questions or issues that are raised in the course of the lesson.

If you have any questions or concerns regarding your child's PSHE and Citizenship lessons, or anything else, please don't hesitate to let us know.