



# UKS2 Summer 1: We are Healthy

## We are learning....

- Physical activity has many benefits for our bodies and our minds. It can strengthen bones, muscles and the heart, boost immunity and energy levels, improve mood and help us to sleep better. It can also help our mental health by reducing stress, depression and anxiety levels, improving mood, brain power and self-esteem and improving social connections. By making choices which help us to get enough exercise and sleep, we can help our bodies and minds feel healthy and well.
- Substances people put into their bodies to have an effect are called drugs. Legal drugs include alcohol, tobacco, caffeine and medicines. It is important to understand the risks and rules associated with these substances so that people are able to make informed choices. It is also important we remember it is our choice what we put into our body and that no one should make us feel pressured to do or try anything we don't want to do or are not comfortable with.
- Many of the images shown on adverts, the Internet, social media and magazines may have been altered to present an image of an unrealistic appearance. It is important to remember this when reflecting on how we see ourselves and to make sure we value the positive qualities that we have rather than just focusing on what we look like. There are many ways we can look after our body to keep it healthy and strong and this can also help to inform our self-image.



## 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 and mind healthy?
- How much sleep do we need? 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?
- What can we do to ensure we have a positive image of ourselves?
- How do we check whether images are true or not?

## Key Vocabulary

- autonomy:** The independence to make our own **choices**.
- consent:** To give permission or agree to something.
- respect:** A way of treating or thinking about someone that shows they are important and they are valued.
- self-confidence:** Feeling comfortable with our own qualities, strengths and abilities.
- choice:** Something we have the power to make when there is more than one possibility.
- pressure:** A strong influence people feel to behave in a certain way.
- inappropriate:** Not suitable for the situation or person.
- drug:** A medicine or other substance which affects the body when taken. There are legal (allowed by law) and illegal (not allowed by law) **drugs**.
- stereotype:** Assuming someone will behave in a certain way because of a certain characteristic. This could be based on the way they look, the way they speak, where they come from or their gender.
- hygiene:** Keeping ourselves clean to stay healthy and well.



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.