

# Character Education

Happy and Healthy Me  
Class: Y5/6

## What I already know:

- Suggest ways to make a balanced meal
- Explain why we should eat healthily
- Name the male and female parts of the body



## Gems of Knowledge:

- What makes a healthy lifestyle
- The positive and negative affects on our physical and emotional health
- Know why menstruation and puberty happens

## I will be able to:

- List things that have a positive and negative on our emotional and physical health
- Explain how to stay clean during puberty
- Explain why menstruation only happens to females

## Key vocabulary:

Hygienic



Keeping clean to avoid germs

Ambition



The desire to achieve a goal

Puberty



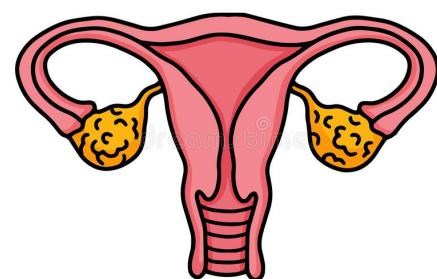
Your body begins to develop and change

Menstruation



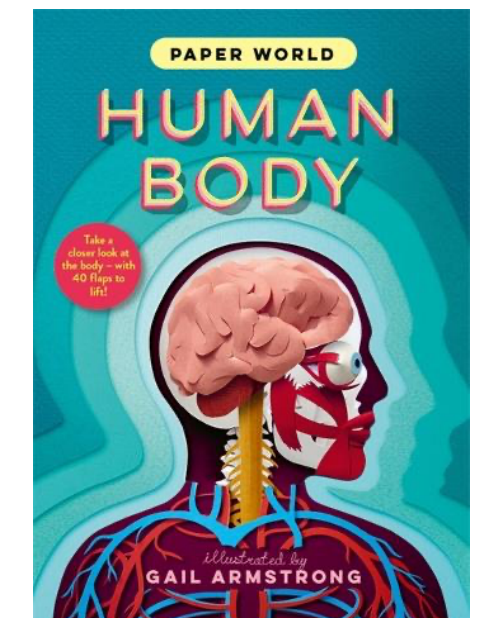
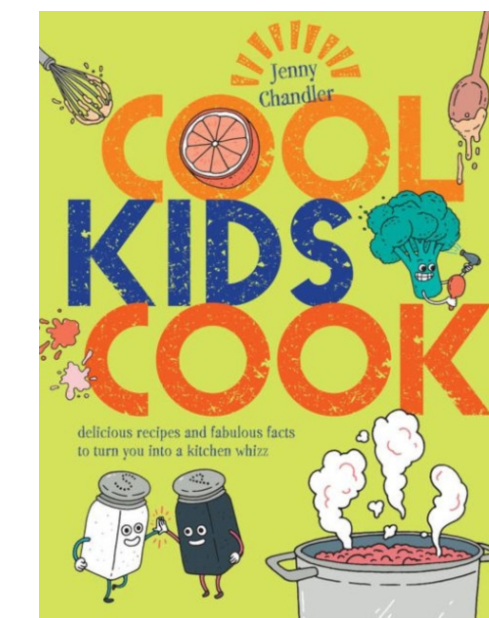
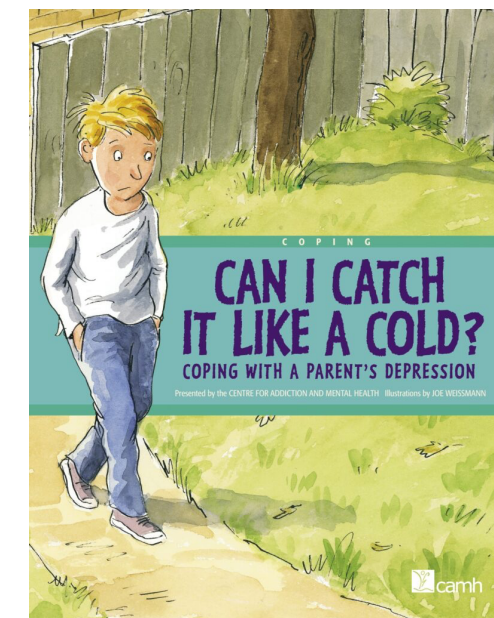
When blood and tissue leave a female's body through the vagina

Ovaries



Female organs that produce, store and release eggs

## What can I read?



## Extra-curricular links:

- Walk to school Week
- Earth Day
- World Environment Day

## British Values:

- Democracy
- Rule of Law
- Respect and Tolerance
- Individual Liberty