

# CHARACTER EDUCATION

Happy and Healthy Me  
Cycle B Year 5/6 Spring 2

- British Values**
- Democracy
  - Rule of Law
  - Respect and Tolerance
  - Individual Liberty

## What I already know:

- Understand that bacteria and viruses affect health.
- Understand which, why and how commonly available substances and drugs could damage their immediate and future health and safety.
- Understand the human life cycle and how the body changes.
- Basic physical changes for boys and girls that occur during puberty.

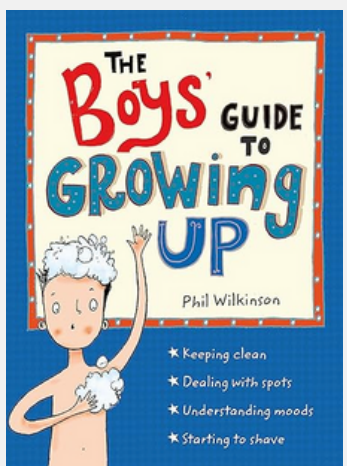
## Gems of knowledge I will be able to:



- Understand what makes a healthy lifestyle.
- What positively and negatively affects their physical, mental and emotional health.
- To explore the emotional and physical changes that occur during puberty.
- To know why menstruation happens.
- To discuss concerns surrounding menstruation.
- To know the importance of keeping clean during puberty.

## Key vocabulary

<b>Emotional</b>		having and expressing strong feelings.
<b>Healthy</b>		in a good physical or mental condition; in good health.
<b>Hygiene</b>		the way we care for our bodies. It includes many activities, such as washing hands, brushing teeth, and bathing.
<b>Influence</b>		to affect or change how someone or something develops, behaves, or thinks.
<b>Menstruation</b>		period : the process of blood coming from the uterus which usually happens once a month.
<b>Physical</b>		relating to changes to the body.
<b>Puberty</b>		the stage in people's lives when they develop from a child into an adult because of changes in their body that make them able to have children.



I can read

