

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

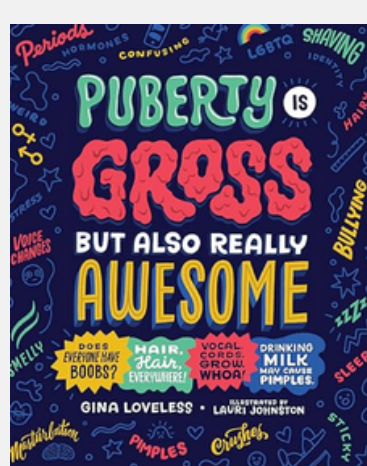
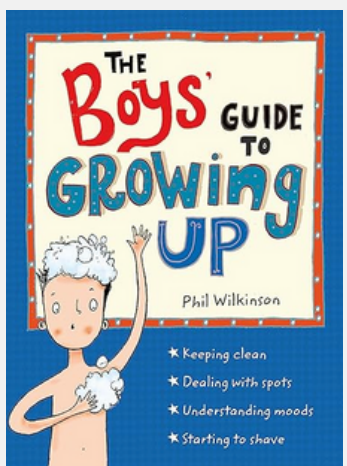
Gems of knowledge I will be able to:



- 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

Emotional		having and expressing strong feelings.
Healthy		in a good physical or mental condition; in good health.
Hygiene		the way we care for our bodies. It includes many activities, such as washing hands, brushing teeth, and bathing.
Influence		to affect or change how someone or something develops, behaves, or thinks.
Menstruation		period : the process of blood coming from the uterus which usually happens once a month.
Physical		relating to changes to the body.
Puberty		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

