

Year 6 Personal Care

National Curriculum objectives

Pupils learn about what keeping healthy means and different ways to keep healthy.

Pupils learn about the benefits of the internet; the importance of balancing time online.

Pupils learn that mental health, just like physical health, is part of daily life; the importance of taking care of mental health with other activities; strategies for managing time online.

Key Learning

- To learn about the influence of media on wellbeing.

Key Vocabulary

Influence: Being able to affect someone else's feelings, thoughts, or behaviour.

Media: The main ways we receive information. For example, TV news, social media and newspapers and magazines.

Negative: Generally producing bad feelings and emotions.

Positive: Generally producing good feelings and emotions.

Self-image: How we see ourselves.

Social media: Apps and websites for sharing news and ideas.

Vloggers: People who make short video posts on social media.

Equipment and Resources

- [Advertising Techniques poster](#). See Variation suggestion in the Introduction.
- [Ideas planner](#) Children will be working towards creating a positive body image resource to help and advise others. Each child should have a copy of the planner.
- [Sad Giraffe](#) image to be displayed on the whiteboard.
- [Jolly Giraffe](#) image to be displayed on the whiteboard.
- [Ways to Wellbeing steps](#) to be displayed on the board.

Key Questions

Have you ever edited a photo? Why?

Is it OK to be different?

Is it good to be you?

Does it matter if you don't have the latest trends?

Safety

- Carry out sessions in a quiet, safe area so that pupils can focus on their thoughts with minimal distraction



STRIVER - KNOWLEDGE ORGANISER

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