



Mossfield Primary School Knowledge Organiser



Year 6 – **Health and Wellbeing**— This unit teaches children about physical and mental health. It includes food choices, physical activity, balanced lifestyles, drugs and alcohol education, first aid, sleep, dental health and more. It teaches children to keep healthy and safe while equipping them to help others. Through each unit the children also complete lessons from the KIVA (anti-bullying programme) and lessons from the No Outsiders in Our School programme which teaches children about the characteristics protected by the Equality Act.

Key Learning

To understand group involvement in bullying.



To learn about the effects of legal and illegal substances and drugs (including alcohol and tobacco).



To read and discuss the text 'The Island' to help children know what prejudice is and know what can happen if racism is not challenged.



Confronting bullying as a group.



To learn about habits in relation to tobacco, alcohol and drug misuse.



Key Vocabulary

Bullying	One who is repeatedly cruel, insulting, or threatening to others who are weaker, smaller, or in some way vulnerable.
Legal substances	Legal drugs are considered permissible for use.
Illegal substances	Illegal drugs are drugs which a person is not allowed to own or use.
Prejudice	Prejudice means preconceived opinion that is not based on reason or actual experience.
Racism	When someone is treated differently because of their race, ethnicity, nationality or colour.