



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 them to keep healthy and safe while equipping them to help others. Through each unit the children will also complete lessons from the KIVA (an anti-bullying programme).

Key Learning

To learn how media influences can affect choices.



To know how to recognise bullying.



To learn about the importance of protecting personal information online.



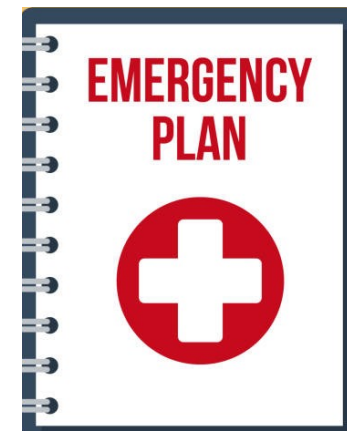
To know how to protect their personal information at secondary school.



To understand how their responsibilities will increase as they grow in independence.



To understand what to do in an emergency and to learn about the skills needed in an emergency.



Key Vocabulary

Media

Different ways to store and deliver information or data.

Personal information

Information that can't be used to identify you.

Responsibilities

A responsibility is something that you're expected to do; it's your job.

Independence

Not dependent, or not having to depend on anyone or anything else. It also means being strong and able to survive alone.