

## **Year 6 Spring Term – Physical health**

### **Prior Knowledge:**

1. To learn how to plan and prepare a healthy meal
2. To learn about the importance of regular, physical activity
3. Assess a casualty's condition calmly and give first aid to a casualty who is bleeding

### **Prior skills:**

1. plan a healthy meal
2. explain how to prepare a healthy meal safely within the home
3. recognise that adverts are designed to influence food and drink choices
4. describe some of the ways that home-cooked food might be healthier than ready-made (takeaway/processed) food
5. explain what it means to be physically active and different types of physical activity
6. describe the benefits of physical activity on body (physical health) and mind (mental health)
7. explain the importance of healthy habits and balancing different types of activities
8. identify opportunities to be physically active throughout the day and week
9. explain how to seek support and advice in relation to physical activity
10. Ensure the safety of themselves and others.
11. I can give first aid to a casualty who is in shock.
12. I can seek medical help if required for a casualty who is bleeding

### **Key Knowledge :**

1. To learn about strategies to maintain a balanced lifestyle
2. Assess and give first aid to a casualty who is choking

### **Key Skills:**

1. describe what is meant by a healthy, balanced lifestyle
2. identify the key factors that contribute to a healthier lifestyle
3. explain the benefits of living a balanced lifestyle
4. recognise some of the challenges to leading a balanced lifestyle and describe how people can manage these, including seeking support
5. Identify a casualty who is choking
6. Seek medical help if required

**Vocabulary:** activity, aspiration, balanced, barrier, benefit, challenge, feelings, healthy, lifestyle, mental, mood, physical airway inhale  
Breathing obstruction trachea, windpipe epiglottis stomach back blows abdomen ribcage exhale lungs oesophagus

**Schemes used:**

PSHE Association

St John's Ambulance

**Future Knowledge: KS3**