

All children – regardless of gender, starting point or background – will have the opportunity to engage with a high-quality PSHE education. They will be equipped with the knowledge, skills and vocabulary to understand that they need to lead confident, healthy, independent lives and to become respectful, active and responsible global citizens, so that they leave our school confident and assured of their place in this diverse and changing world. We intend to inspire a sense of enjoyment and curiosity about PSHE. We access the PSHE Association for lesson plans to assist our teaching and learning where applicable.

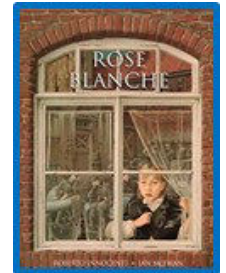
## Physical Health and Wellbeing Different Influences

Summer 1

### Igniting Prior Knowledge:

- It is important to get enough sleep for personal health and wellbeing.
- Things like routine, relaxing, less screen time etc. may help someone sleep better.
- Too much screen time can have a negative impact on someone’s personal health and wellbeing.
- There are drugs (other than medicines) that are common in everyday life – caffeine, alcohol, tobacco or nicotine.
- These products can be used in different locations and have different purposes.
- There are alternatives to some of these drugs.
- Alcohol can have negative effects on the body.
- Drinking alcohol may pose a greater or lesser risk, depending on the individual and the amount of alcohol consumed.
- There are laws and guidelines related to the consumption of alcohol.
- There can be different patterns of behaviour relating to drug use.
- A habit and addiction are different.

### No Outsiders



### New Knowledge:

- There are many risks associated with smoking, drugs, including cigarettes, e-cigarettes, shisha and cannabis.
- There are different similarities and differences in the risks of smoking cigarettes, e-cigarettes, shisha and cannabis – relating to health, money, social effects and the law.
- There are risks with smoking all drugs.
- There are different influences on drug use - including the media.
- Some advertisements and influences can encourage somebody to take drugs.
- Some advertisements and influences can discourage someone from taking drugs.
- There are a range of strategies to resist pressure for others about taking drugs, smoking drugs and alcohol.
- Some people may feel pressured in relation to drug use.
- Even if people feel pressures about drug use, they should make an informed choice and act on it.

### Key Vocabulary:

- Cigarettes
- Shisha
- Cannabis
- Pressures

