



## Knowledge Organiser

PSHE

Year 5/6

Theme: Cause and Effect

Autumn Term B

### What should I already know?

Why is it important to listen to and show consideration for other people's views? **So that everyone is respected and heard.**

What is the relationship between physical activity and nutrition in achieving and a physically and mentally healthy lifestyle? **You need to have a balance between physical activity and nutrition to achieve a healthy lifestyle.**

Why is it important to have sufficient good quality sleep for good health? **The lack of sleep can affect weight, mood and the ability to learn.**

Who are the people responsible for helping you stay healthy and safe? **There are a range of people both at home and in school.**

Why is it important to behave responsibly? **It is important to behave responsibly so that relationships and esteem can be enhanced.**



### Application of knowledge

Children show their understanding of the difference between a secret and something that is confidential, and the need for confidentiality in certain situations, through drama and discussion.

Through discussion and listening activities, children explore the importance of listening and trust in relationships, when sharing information and our emotions. In turn, children demonstrate listening skills in the lesson.

Through completing a set task/ activity in different ways, children explore the importance of collaboration and teamwork in relationship to success.

By exploring what makes a successful community, through both discussion and written work children show their understanding of why rules and playing your part are important to the smooth and successful running of a community.

Through written responses, children show their understanding of the three dimensions of wellbeing and why each is important and how they are related.

Through a medium of their choosing, children show their knowledge of what contributes to a healthy lifestyle.

### What I will know by the end of this topic

Why is it important to listen and respond respectfully to a wide range of people and to feel confident to raise your own concerns? **It is important to listen and respond to others respectfully so that everyone feels valued and their opinion heard, it is important to raise concerns so that support can be given. How do I ask for advice or help for myself or others and when? You may find it difficult to ask for advice or help, but there are many forms of communication you can use such as speech, written communication, the use of ICT to list a few. Ask when you first feel you need advice or help, you must keep asking until you are heard. You must keep asking until you are heard.**

**Where** and from whom can you get advice? **There are many places you can get advice from, including school and home. Trusted people are who you should get advice from, School teachers, school staff, parents, family, child minders etc..**

What positively and negatively affects my physical, mental and emotional health? **Things such as sleep, diet, exercise, friendships, and social situations can have a negative or positive effect depending on the situation and how you are managing it.**

What is the connection between physical, emotional and mental health? **They can all affect one another for example, if you are physically unhealthy it can affect your mental health.**

What are the benefits of living and working in a community? **Not facing things alone, support of others.**



### Vocabulary

<b>Communication</b>	The imparting or exchanging of information by speaking, writing, or using some other medium.
<b>Collaboration</b>	The action of working with someone to produce something.
<b>Confidential</b>	Intended to be kept secret.
<b>Permission</b>	The action of officially allowing someone to do a particular thing; consent or authorisation.
<b>Community</b>	A group of people living in the same place or having a particular characteristic in common.
<b>Physical</b>	Relating to the body as opposed to the mind.
<b>Lifestyle</b>	The way in which a person lives.
<b>Mental</b>	Relating to the mind.
<b>Emotional</b>	Relating to a person's emotions.
<b>Healthy</b>	In a good physical or mental condition; in good health.