I Can Statement

Subject: PSHE Year: 6

Unit: Health and Hygiene	Term: Autumn 2	Pre-taught Key Vocabulary	
Topic Overview:			
In this half term you will be learning how to keep yourself healthy and why it is important to do so. You will be learning how to keep yourself hygienic and will understand why you need a personal hygiene routine. You will also learn how medicine can keep you healthy and why you should always follow the instructions given on how to take any medicine. You will also explore allergies and how to help people in emergency situations.		Balanced lifestyle	Healthy
		Bacteria	Hygiene
		Germs	Responsibility
		Vaccines	Prescribed
		Allergy	Antibiotics

I Can Statements:		RAG Rating:		
		Start	End	Teacher
1.	I can explain a range of ways to keep healthy			
2.	I can suggest ways to manage pressure to do unhealthy things			
3.	I can identify healthy food choices			
4.	I can explain that foods are not good or bad - it is all about variety!			
5.	I can explain how bacteria can develop into a virus and how we can prevent spreading bacteria and germs			
6.	I can demonstrate and give reasons for regularly following hygiene routines			
7.	I can explain how medicines can affect health positively and negatively			
8.	I can describe what a vaccine is and how they protect our bodies			
9.	I can explain what an allergic reaction might look like			
10.	I can explain how to respond to an emergency situation			