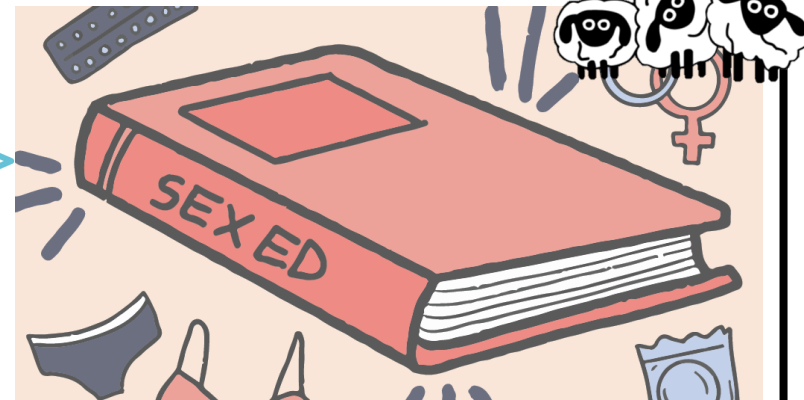


UKS2 - Health

Curriculum Links:

- Know how to make informed decisions about health and healthy living and recognise what might influence these.
- Understand what good physical health means; how to recognise early signs of physical illness.
- Identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction.
- Know that for some people gender identity does not correspond with their biological sex.
- Reflect on the physical and emotional changes that happen when approaching and during puberty (including menstruation, menstrual wellbeing, erections and wet dreams).
- Consider how hygiene routines change during the time of puberty.
- Know that mental health, just like physical health, is part of daily life and needs to be considered.
- Discuss strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations.
- Recognise warning signs about mental health and wellbeing and how to seek support for themselves and others.
- Discuss ways to boost one's sense of self-worth and how to manage setbacks including how to re-frame unhelpful thinking.



Key Vocabulary

Anxiety	A feeling of unease, such as worry or fear, that can be mild or severe.
Contraception	The deliberate use of artificial methods or other techniques to prevent pregnancy as a consequence of sexual intercourse
Depression	A common mental disorder characterized by persistent sadness and a lack of interest or pleasure in previously rewarding or enjoyable activities.
Eating Disorder	A mental health condition where you use the control of food to cope with feelings and other situations.
Health	The state of being free from physical and mental illness or injury.
Pregnancy	The period in which a fetus develops inside a woman's womb or uterus.
Puberty	The period during which adolescents reach sexual maturity and become capable of reproduction.
STI/STD	Sexually transmitted infection/disease.
Stress	A state of worry or mental tension caused by a difficult situation.

Key Learning:

- The risks associated with unprotected sexual intercourse including STIs and pregnancy and how to seek help and advice about these things including access to testing.
- Ways to protect themselves during sexual intercourse (contraception/condoms).
- The ways in which a baby is born and the risks associated.
- The risks associated with body image/ eating disorders and the importance of eating correctly.
- Understand the emotional, physical, financial demand of looking after children.
- Discuss healthy and unhealthy mechanisms to cope with stress or anxiety.

Possible experiences:

- Sex education discussion including use of contraceptive tools.
- Looking after a baby for a day.
- Nurse visit.
- Mental health first aider talk.

We already know:

- Anatomical names for body parts including external genitalia.
- Ways to keep healthy in terms of diet and exercise.
- Learning on drugs, alcohol and tobacco.