

Assessment for PSHCE

Year 6 - Health and Wellbeing 2



How can I live a healthy lifestyle?

Learning Objectives	Self	Teacher Assessment	
	√√√	Towards	Expected
I can identify the risks associated with an inactive lifestyle, including obesity, and the characteristics, including mental benefits of an active lifestyle.			
I know how to build exercise into daily and weekly routines.			
I know how to seek support if I am worried about my physical or mental health.			
I can summarise the purpose, application and effects of legal drugs.			
I can explain the risks associated with harmful substances.			
Higher Standard	Self	Teacher Assessment	
I can identify the features and effects of drug addiction.			

Useful Vocabulary

addiction
alcohol
arrest
caffeine

illegal
illness
legal
licenced

medicine
nicotine
over-the-counter
pharmacist

possession
prescription
stimulant
supply