

Year 6 – **My Healthy Self:** How do my choices shape my future health?
Autumn 1 Knowledge Organiser



Heathfield Schools' Partnership
ambitious for the future

This unit builds on from 'My Healthy Self: How can I support my mind and body as I grow' previously studied. We will learn about the importance of daily dental care and how choices about food, drink and lifestyle can affect long-term health and wellbeing. The children will think critically about healthy eating, including calories as a unit of energy. They will consider how habits and reactions can influence relationships, learning and future success. After the children will explore how having a growth mindset can build confidence and resilience when faced with challenges.

Key knowledge

- Explain how brushing, flossing, limiting sugar and making healthier food choices support good health.
- Understand how past experiences can influence emotions and choose effective ways to regulate strong feelings.
- Explain the difference between a growth and fixed mindset, and identify positive ways to respond to challenges and setbacks.
- Describe how unkind behaviour, including bullying, can affect self-esteem and how to support others.

Emotions



happiness



sadness



anger



surprise



fear



disgust

Star Words- Key Vocabulary

Realistic - Having or showing a sensible and practical idea of what can be achieved or expected.

Mindfulness - The quality or state of being conscious or aware of something.

Habit - A settled or regular tendency or practice, especially one that is hard to give up.

Regulate - To manage thoughts, feelings and actions to stay balanced.

Growth Mindset - The belief that your intelligence and abilities are not fixed traits you are simply born with, but can be developed over time through dedication, effort, and continuous learning.

Exclusion - The act of deliberately shutting out, denying access to, or omitting someone or something.

Key Skills

Dental health	Having a growth mindset	Nutrition	Self-esteem
 • Brush teeth twice a day. • Floss daily to remove plaque. • Avoid sugary snacks and drinks between meals. • Visit the dentist every six months.	 When I face a setback, I can: • Take a breath. • Break it into steps. • Ask for help. • Try again. • Learn from mistakes.	 When choosing food, we can: • Compare traffic light labels. • Choose more green. • Choose some amber. • Have less red. • Swap sugary snacks for less sugary options.	 Self-esteem can grow when we: • Feel included. • Are treated kindly. • Try again after setbacks. • Notice our strengths. • Ask for support when we need it.

- Communicate feelings, thoughts and responses clearly and respectfully.
- Reflect on emotions and behaviour, considering whether responses were appropriate and how they could be adapted in different situations.
- Identify and evaluate effective self-care strategies and understand the benefits of positive emotional wellbeing.
- Make informed food choices by evaluating nutrition labels, ingredients and factors that influence eating habits.
- Explain the risks of an unhealthy diet, including effects on physical and mental health.
- Understand what a healthy relationship with food looks like, including balance, variety and enjoyment without guilt.