

# Disclaimer/s

We hope you find the information on our website and resources useful.

## Medical Advice

This resource is provided for informational and educational purposes only. It is intended to offer general information and should never be taken as medical advice. As medical information is situation-specific and can change, we do not warrant that the information provided is correct. You and your students should not rely on the material included within this resource and we do not accept any responsibility if you or your students do. It is up to you to contact a suitably qualified health professional if you are concerned about your health and it is up to you to advise your students to contact a suitably qualified health professional if they are concerned about their health.

## Sensitive Topic

This resource contains potentially sensitive and/or upsetting topics that may emotionally impact on students you use it with due to their experiences in their past. It is your responsibility to consider whether it is appropriate to use this resource with your students. If you do use this resource, it is your responsibility to ensure that appropriate support is available for anyone affected.

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We hope you find the information on our website and resources useful.

## Animations

This resource has been designed with animations to make it as fun and engaging as possible. To view the content in the correct formatting, please view the PowerPoint in 'slide show mode'. This takes you from desktop to presentation mode. If you view the slides out of 'slide show mode', you may find that some of the text and images overlap each other and/or are difficult to read.

To enter slide show mode, go to the **slide show menu tab** and select either **from beginning** or **from current slide**.

# Question Marks

You will spot question marks at certain points in this [Lesson Presentation](#).

Clicking the question marks will bring up key questions.



The assessment questions that appear will enable you to check your understanding against the lesson aim and success criteria.

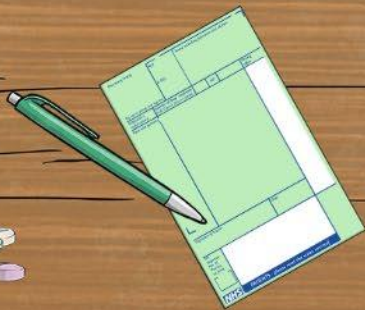
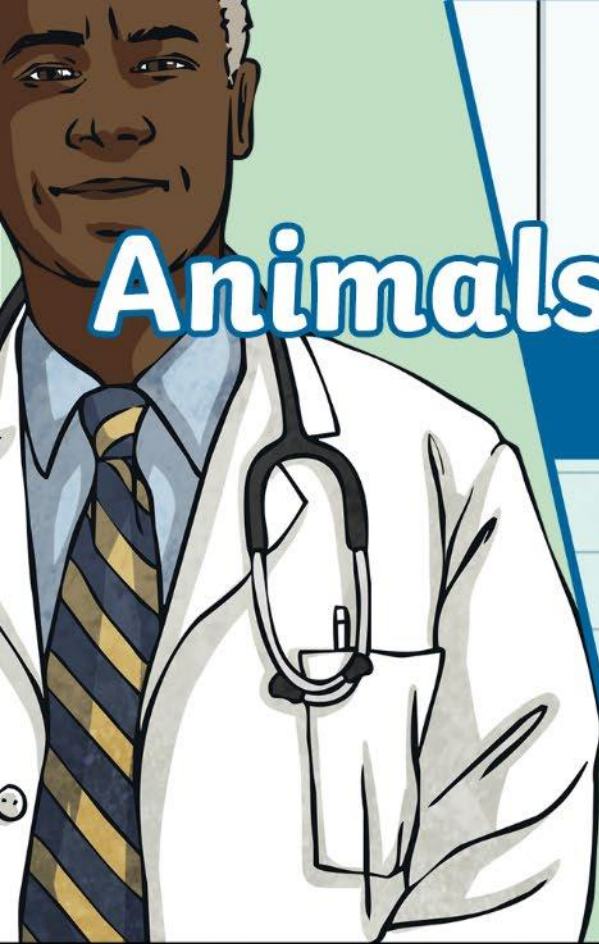


# Science

Animals Including Humans

# Animals Including Humans

## Drugs and Alcohol





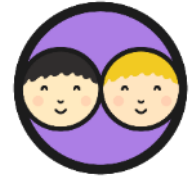
## Aim

- To be able to recognise the impact of drugs and alcohol on the way bodies function.

## Success Criteria

- I can explain how drugs and alcohol can affect the body.
- I can describe the impact of drugs and alcohol on the circulatory system.
- I can give my opinion about whether or not the government guidance on drugs and alcohol is suitable.

# Remember It



Last lesson, we discussed diet and exercise. We learnt that different people have different calorie requirements. This depends on a number of factors.

Why would the 12-year-old girl and the 70-year-old man have different calorie requirements?



# What Are Drugs?



What are drugs?

Can you give any examples?

Are all drugs bad?

A drug is any substance that has an effect on your body when it enters your system. Drugs contain chemicals which can either be human-made or from natural sources.





# What Are Drugs?



Do you know any drugs that would be considered legal?

A **side effect** is any effect that is not the main intended effect of the drug. This can be either positive or negative.

Legal drugs include medicines like cough syrup and substances like caffeine, which is found in tea, coffee and even chocolate! If used properly, these substances are not considered harmful and don't have serious negative **side effects**. However, even drugs you can buy in shops can be dangerous if you take too much.

## Legal Drugs





# What Are Drugs?

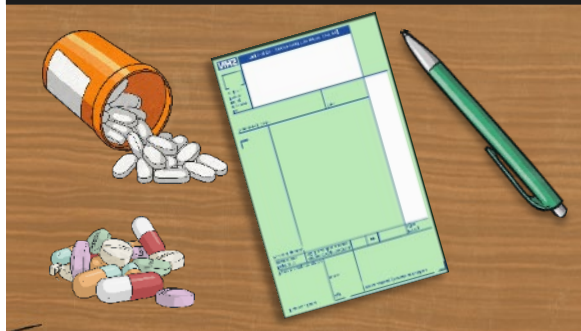
## Prescription Drugs



What kind of drugs might you get on prescription?

This is due to several factors:

- Some medicines, for example sleeping tablets, contain substances which could become addictive.
- Prescription drugs may not be suitable for some people, such as children or pregnant women.
- Certain drugs should not be taken at the same time as they could have serious side effects so a doctor needs to check a patient's records. This is why you should never take medication that has been prescribed for anyone else.



# What Are Drugs?

## Illegal Drugs



**Illegal drugs are against the law to make, sell, have in your possession or use.**

Can you name any illegal drugs?

Illegal drugs include cannabis , heroin, stimulants such as cocaine and ecstasy, psychedelic drugs such as LSD and magic mushrooms and psychoactive drugs such as nitrous oxide and 'legal highs' (which are not legal). It is also illegal to sell volatile substances such as glues, gases, solvents or aerosols to someone who is likely to use them as a drug.



# What Are Drugs?

## Illegal Drugs



Some of the main reasons why these drugs are illegal:

- They are linked to many serious physical and mental health problems, including cancer, heart attacks, strokes, long-term anxiety, paranoia and making risky choices that can also lead to physical harm.
- They can be highly addictive and people become dependent on them.
- There are no controls on how they are made so they may contain substances that are even more harmful.



# What Are Drugs?

## Alcohol



Alcohol is a drug made from the sugars in fruits and vegetables through a process called fermentation.

What are the possible negative effects of drinking too much alcohol? There are restrictions and recommended limits on its use.

Drinking small amounts of some types of alcohol may have some health benefits for adults 5 such as helping to prevent blood clots after a prescribed medicine.

• Loss of impulse control (the person may do things they wouldn't normally do).

• It is not recommended for under-18s to drink alcohol.

• Increase in aggressive or violent behaviour.

• A person who has drunk alcohol may have a loss of control over speech and movement.

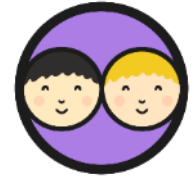


X

Can you explain how drugs and alcohol affect us?



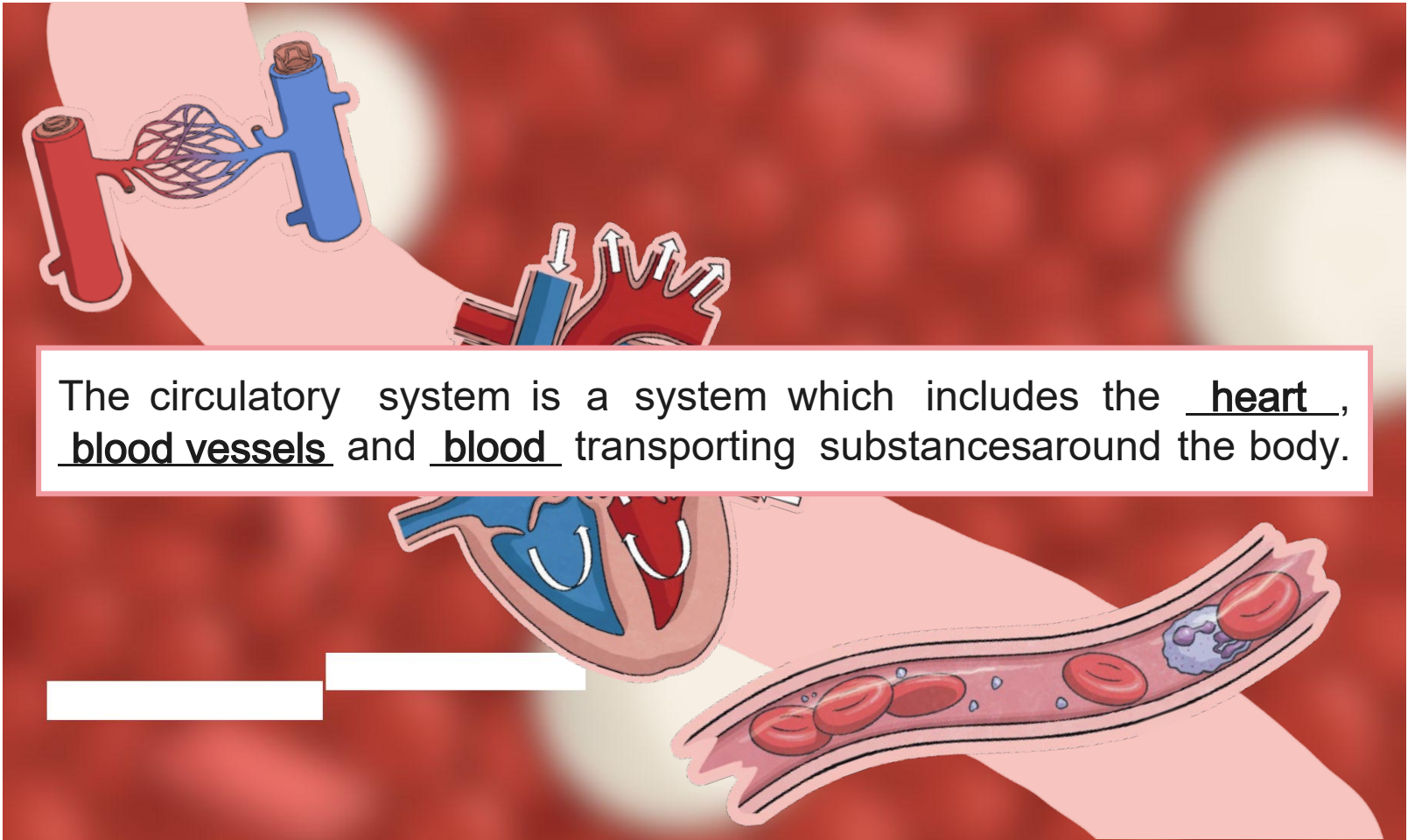
# The Circulatory System



What is the circulatory system? Use your Knowledge Organiser to remind yourself what the circulatory system is.

Animals Including Humans		Animals Including Humans		Year 6																
<b>Key Vocabulary</b> <table border="1"> <tr> <td><b>drug</b></td> <td>A substance containing natural or man-made chemicals that has an effect on your body when it enters your system.</td> </tr> <tr> <td><b>alcohol</b></td> <td>A <b>drug</b> produced from grains, fruits or vegetables when they are put through a process called fermentation.</td> </tr> <tr> <td><b>nutrients</b></td> <td>Substances that animals need to stay alive and healthy.</td> </tr> </table>		<b>drug</b>	A substance containing natural or man-made chemicals that has an effect on your body when it enters your system.	<b>alcohol</b>	A <b>drug</b> produced from grains, fruits or vegetables when they are put through a process called fermentation.	<b>nutrients</b>	Substances that animals need to stay alive and healthy.	<b>Key Vocabulary</b> <table border="1"> <tr> <td><b>circulatory system</b></td> <td>A system which includes the heart, veins, arteries and blood transporting substances around the body.</td> </tr> <tr> <td><b>heart</b></td> <td>An organ which constantly pumps blood around the <b>circulatory system</b>.</td> </tr> <tr> <td><b>blood vessels</b></td> <td>The tube-like structures that carry blood through the tissues and organs. Veins, arteries and capillaries are the three types of blood vessels.</td> </tr> <tr> <td><b>oxygenated blood</b></td> <td><b>Oxygenated blood</b> has more oxygen. It is pumped from the <b>heart</b> to the rest of the body.</td> </tr> <tr> <td><b>deoxygenated blood</b></td> <td><b>Deoxygenated blood</b> is blood where most of the oxygen has already been transferred to the rest of the body.</td> </tr> </table>		<b>circulatory system</b>	A system which includes the heart, veins, arteries and blood transporting substances around the body.	<b>heart</b>	An organ which constantly pumps blood around the <b>circulatory system</b> .	<b>blood vessels</b>	The tube-like structures that carry blood through the tissues and organs. Veins, arteries and capillaries are the three types of blood vessels.	<b>oxygenated blood</b>	<b>Oxygenated blood</b> has more oxygen. It is pumped from the <b>heart</b> to the rest of the body.	<b>deoxygenated blood</b>	<b>Deoxygenated blood</b> is blood where most of the oxygen has already been transferred to the rest of the body.	<p>Mammals have <b>hearts</b> with four chambers. Notice how the blood that has come from the body is <b>deoxygenated</b>, and the blood that has come from the lungs is <b>oxygenated</b> again. The blood isn't actually red and blue: we just show it like that on a diagram.</p> <p>from body to body to lungs from lungs from body</p> <p>deoxygenated blood → ← oxygenated blood</p>
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<p>Plasma is liquid. The other parts of your blood are solid.</p> <p>Red blood cells carry oxygen through your body.</p> <p>Platelets help you stop bleeding when you get hurt.</p> <p>White blood cells fight infection when you're sick.</p>		<p>The <b>heart</b> pumps blood to the lungs to get oxygen. It then pumps this <b>oxygenated blood</b> around the body.</p>		<p>Capillaries are the smallest <b>blood vessels</b> in the body and it is here that the exchange of water, nutrients, oxygen and carbon dioxide takes place.</p> <p>Arteries carry <b>oxygenated blood</b> away from the <b>heart</b>.</p> <p>arteries capillaries veins</p> <p>Veins carry <b>deoxygenated blood</b> toward the <b>heart</b>.</p>																
<p><b>Drugs, alcohol</b> and smoking have negative effects on the body.</p> <p>A healthy diet involves eating the right types of <b>nutrients</b> in the right amounts.</p>		<p>If you linked up all of the body's blood vessels, including arteries, capillaries, and veins, they would measure over 60,000 miles.</p>																		

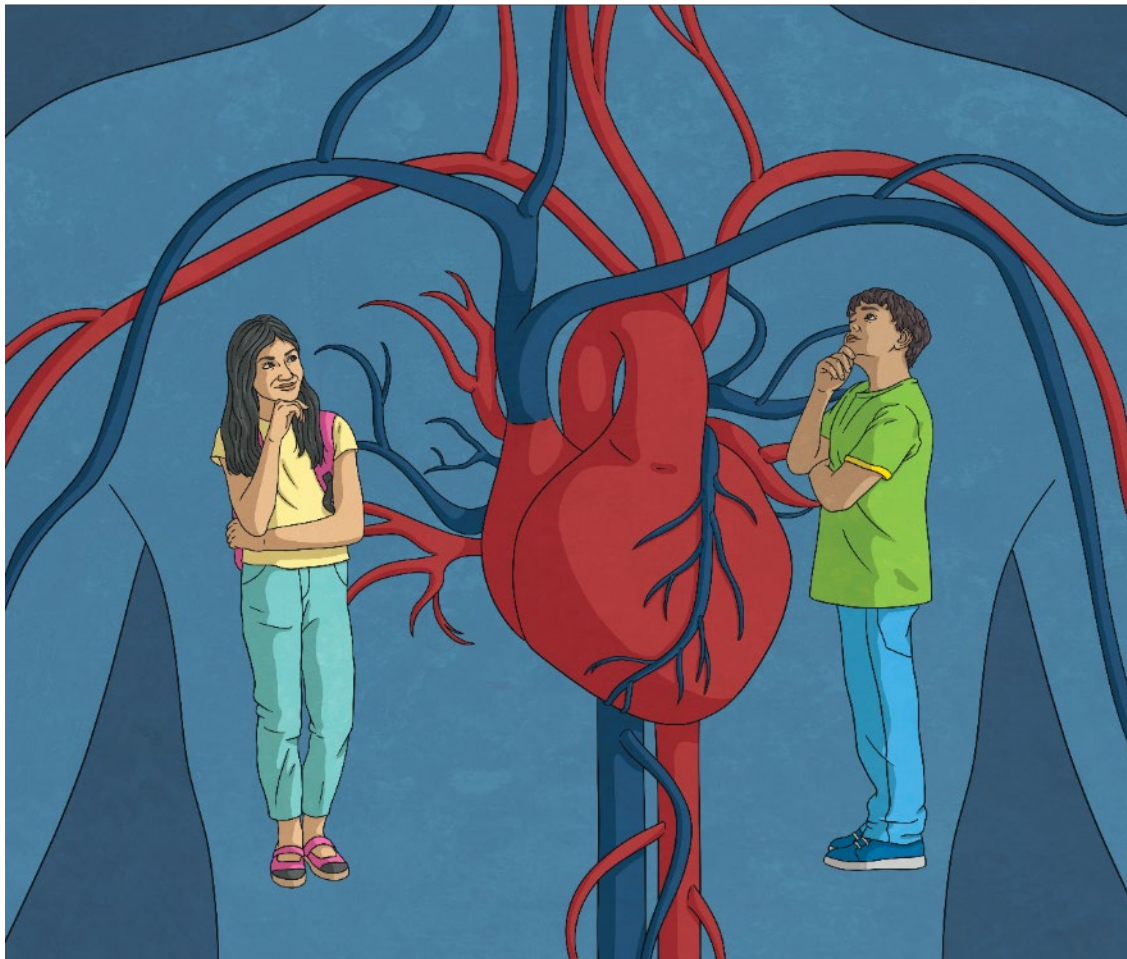
# The Circulatory System



The circulatory system is a system which includes the heart, blood vessels and blood transporting substances around the body.



# The Circulatory System



What do you think would be the difference between a healthy and unhealthy circulatory system?



# Drugs and The Circulatory System

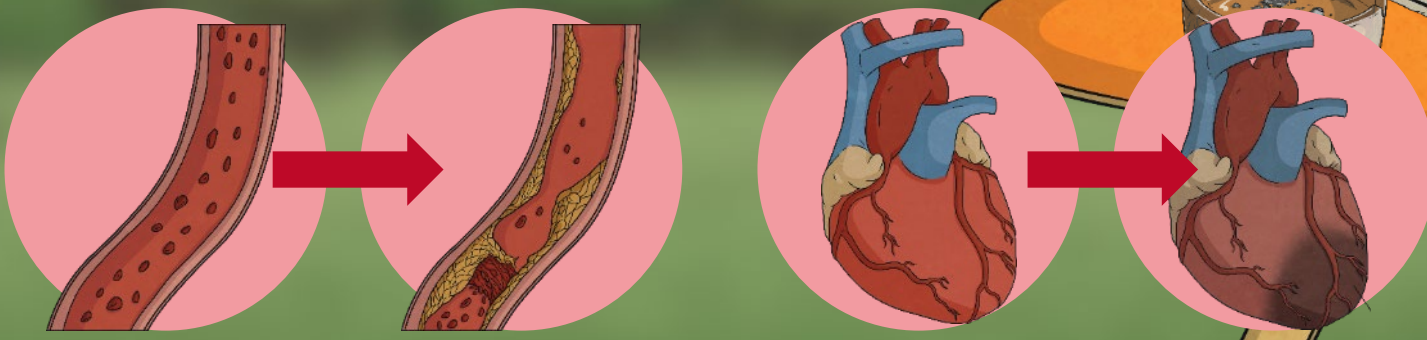
## Smoking Cigarettes



Cigarettes contain a drug called nicotine which is very addictive. There are lots of harmful chemicals in a cigarette.

These chemicals make our body form something called plaque inside our blood vessels.

Coronary heart disease can occur when blood vessels that carry blood to the heart muscle are narrowed by plaque or blocked by clots. Chemicals in cigarettes can actually cause the blood to thicken. This thickened blood and narrowing of vessels can form clots inside veins and arteries and an increase in blood pressure. Smokers are also at risk from an increased heart rate and possible irregular heartbeat.



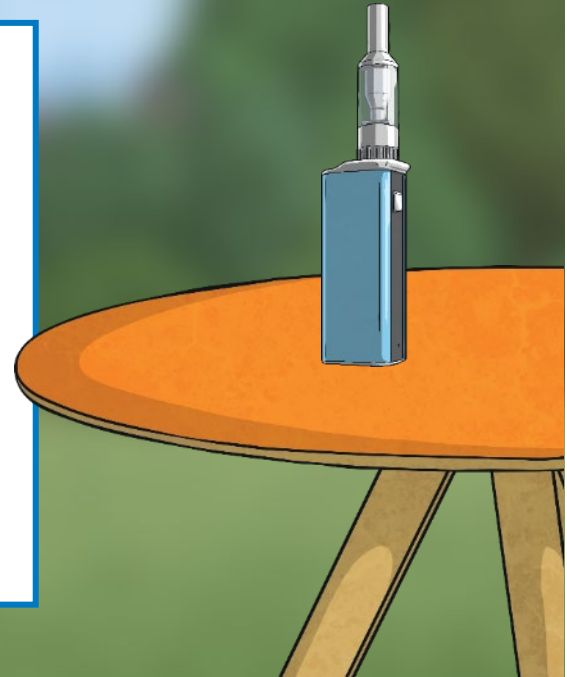
# Drugs and The Circulatory System

## Smoking E-cigarettes



We know what drugs are, but how can they affect our health?

In theory, e-cigarettes are less harmful than normal cigarettes as they don't contain the same harmful chemicals. However, people who smoke e-cigarettes (or 'vape') are still inhaling nicotine so they would still suffer the health problems associated with this. Also the effects of smoking nicotine in this way are not yet known, so it may not be less damaging to the body after all.




# Drugs and The Circulatory System

## Alcohol



We know what drugs are, but how can they affect our health?

Alcohol can certainly affect our body. You might know it can harm the liver, but did you know it can even harm the heart? At the time of drinking, alcohol causes a temporary increase in heart rate and blood pressure. Over time, drinking heavily can lead to a long-term increased heart rate, higher blood pressure, weakened heart muscle and irregular heartbeat. 



X

Can you describe the impact of drugs and alcohol on the circulatory system?



# Impact of Smoking and Alcohol on the Body



Complete the **Impact of Smoking and Alcohol on the Body Activity Sheet** - showing your understanding of the effects of the different drugs and which areas of the body they impact.

**Impact of Smoking and Alcohol**

To be able to recognise the impact of drugs and alcohol on the body

Drinking Too Much Alcohol	Body Part
raises blood pressure	

1. Use the word bank to complete the statements by drinking too much alcohol and/or smoking.

2. Then cut out the statements and stick them in the effects of drinking too much alcohol or the effects of smoking.

**Impact of Smoking and Alcohol**

To be able to recognise the impact of drugs and alcohol on the body

Drinking Too Much Alcohol	Body Part
raises blood pressure	
can weaken heart muscle	

Cut out the following statements and stick them in the effects of drinking too much alcohol or the effects of smoking for you.

**Impact of Smoking and Alcohol**

To be able to recognise the impact of drugs and alcohol on the body

1. Use the word bank to help you complete the table system of drinking too much alcohol and/or smoking.

2. Can you add any effects on other parts of the smoking? A couple of examples are already provided.

Part of body	Effect from drinking too much alcohol
heart 	raises/increases heart rate
blood vessels 	
blood 	
blood pressure	
other parts of	

Impact of Smoking and Alcohol on the Body

Word Bank		
narrow/widen	weaken/strengthen	plaque
thin/thicken	decrease/increase	arteries
regular/irregular	lower/raise	clot

3. Using what you have found out about the effects of drinking too much alcohol and the effects of smoking, which do you think is more of a health risk? Please give reasons for your choice.

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raises blood _____	can cause an _____
raises _____ rate	can cause _____
can make your blood more likely to _____	can narrow _____
	can cause pl _____

raises blood pressure	ca
raises heart rate	ca
can cause blood clots	ca
can weaken heart muscle	ca



# Drug and Alcohol Laws



What are the government guidelines for drug and alcohol laws in the UK?

- Men and women are advised not to drink more than 14 units of alcohol a week on average

- You must be 18 years old to buy alcohol

- You must be 16 to buy tobacco

Do you think these laws go far enough?

Do you think these laws are justified?

X

Can you give your opinion about whether or not the government guidance on drugs and alcohol is suitable?

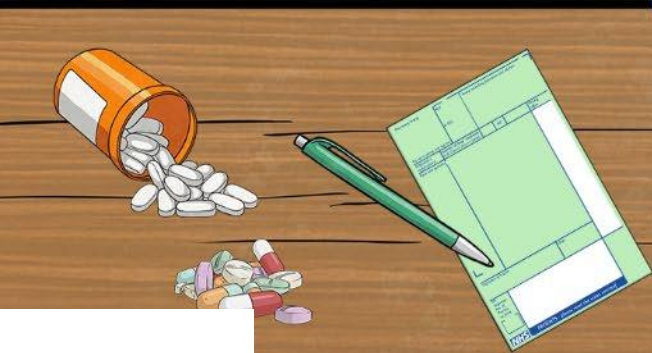
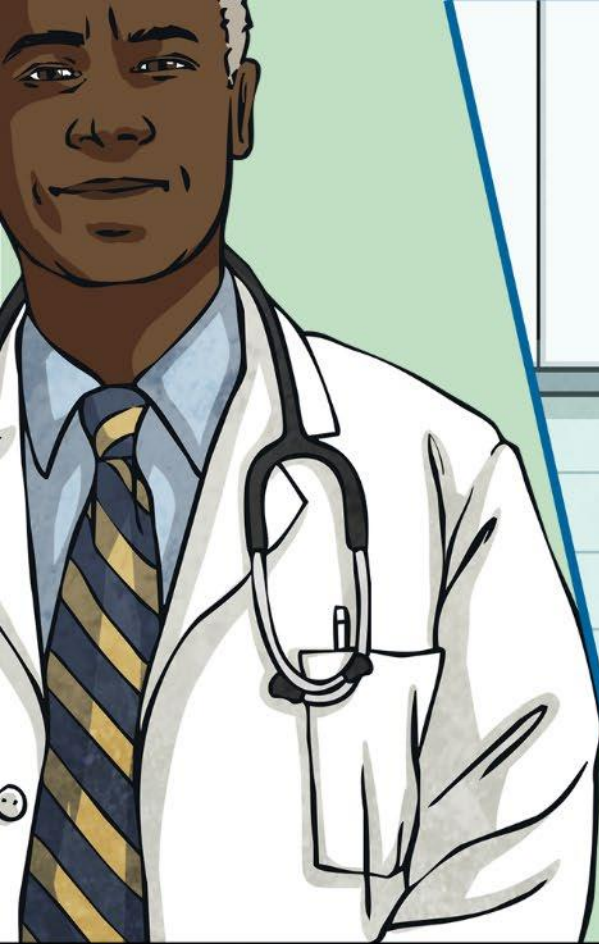


## Aim

- To be able to recognise the impact of drugs and alcohol on the way bodies function.


## Success Criteria

- I can explain how drugs and alcohol can affect the body.
- I can describe the impact of drugs and alcohol on the circulatory system.
- I can give my opinion about whether or not the government guidance on drugs and alcohol is suitable.




















# Animals Including Humans: Drugs and Alcohol

<b>Aim</b> Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function. To be able to recognise the impact of drugs and alcohol on the way bodies function.		<b>Lesson Duration</b> All timings are approximate. 
<b>Success Criteria</b> I can explain how drugs and alcohol can affect the body. I can describe the impact of drugs and alcohol on the circulatory system. I can give my opinion about whether or not the government guidance on drugs and alcohol is suitable.		
<b>Standard School Equipment</b> Mini Whiteboards	<b>Preparation</b> Differentiated <b>Impact of Smoking and Alcohol on the Body Activity Sheets</b> – per child <b>Knowledge Organiser</b> – per child	
<b>Key Vocabulary</b> Heart, arteries, veins, capillaries, blood vessels, blood, alcohol, smoking, drugs, plaque, circulatory system.		

**Prior Learning:** In previous lessons, children will have learnt about how the circulatory system functions.

## Learning Sequence

	<b>Remember It:</b> Follow prompts on the <b>Lesson Presentation</b> and ask children to recall why the 12-year-old girl and the 70-year-old man would have different calorie requirements.	
	<b>What Are Drugs?</b> As a class, discuss the questions on the <b>Lesson Presentation</b> to find out children's prior knowledge. Then, show children the range of slides with information about the different types of drugs. Discuss prescription drugs, legal drugs, illegal drugs and alcohol and see what the children know about each of these terms and the effects of the different drugs. <b>Can children explain how drugs and alcohol affect us?</b>	
	<b>The Circulatory System:</b> Share the information on the <b>Lesson Presentation</b> and encourage children to use their <b>Knowledge Organiser</b> to confidently talk with their partner about what they already know about the circulatory system.	
	<b>Drugs and the Circulatory System:</b> Follow prompts on the <b>Lesson Presentation</b> discussing the effects of smoking and alcohol on the circulatory system. Ask children to compare what the healthy and unhealthy circulatory systems look like. <b>Can children describe the impact of drugs and alcohol on the circulatory system?</b>	
	<b>Impact of Smoking and Alcohol on the Body:</b> Children to complete the differentiated <b>Impact of Smoking and Alcohol on the Body Activity Sheets</b> . Children will sort or create information about the effects on the body of smoking and the effects of drinking too much alcohol. <b>Can children explain how drugs and alcohol can affect our bodies?</b>	
	 Children complete the <b>Impact of Smoking and Alcohol on the Body Activity Sheets</b> . Statements provided for children to sort with two examples already sorted.  Children complete the <b>Impact of Smoking and Alcohol on the Body Activity Sheets</b> . Word bank provided to complete statements which children will then sort.  Children complete the <b>Impact of Smoking and Alcohol on the Body Activity Sheets</b> .	
	<b>Drug and Alcohol Laws:</b> Share some of the main drug and alcohol laws using the <b>Lesson Presentation</b> . Discuss these with the children and whether they think the laws go far enough and are justified. <b>Can children give their opinion about whether or not the government guidance on drugs and alcohol is suitable?</b>	



**Exploreit**

**Researchit:** Children can research different laws on smoking in different places around the world.

**Matchit:** Children use these [Harmful Substances and Their Effects Matching Cards](#) to match the possible effects to different drugs and alcohol.

**Reasonit**

Children discuss [Reasoning Card 6: Drugs and Alcohol](#). Children look at the map showing the legal drinking age around the world and apply their knowledge of drugs and alcohol to reason about the legal drinking age in the UK.

**Assessment****Scientific Knowledge**

<b>Working Towards the Expected Level</b>	Children:
With scaffolding and/or support, children can discuss the impact of drugs and lifestyle on the way their bodies function.	
<b>Working At the Expected Level</b>	Children:
Children can discuss the impact of drugs and lifestyle on the way their bodies function.	
<b>Working At Greater Depth</b>	Children:
Children can confidently discuss the impact of drugs and lifestyle on the way their bodies function.	

Aim: To be able to recognise the impact of drugs and alcohol on the way bodies function.				Date:					
				Delivered By:			Support:		
Success Criteria	Me	Friend	Teacher	T	PPA	S	I	AL	GP
I can explain how drugs and alcohol can affect the body.				Notes/Evidence					
I can describe the impact of drugs and alcohol on the circulatory system.									
I can give my opinion about whether or not the government guidance on drugs and alcohol is suitable.									
Next Steps									
<ul style="list-style-type: none"> <li>_____</li> <li>_____</li> </ul>									



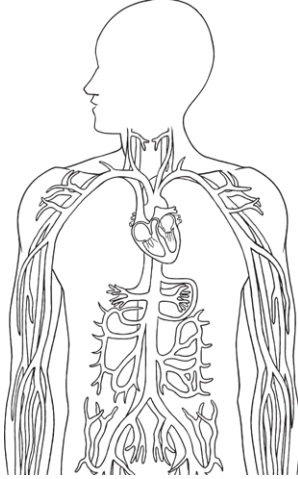
<b>T</b>	Teacher	<b>I</b>	Independent
<b>PPA</b>	Planning, Preparation and Assessment	<b>AL</b>	Adult Led
<b>S</b>	Supply	<b>GP</b>	Guided Practice

Aim: To be able to recognise the impact of drugs and alcohol on the way bodies function.				Date:					
				Delivered By:			Support:		
Success Criteria	Me	Friend	Teacher	T	PPA	S	I	AL	GP
I can explain how drugs and alcohol can the body.				Notes/Evidence					
I can describe the impact of drugs and alcohol on the circulatory system.									
I can give my opinion about whether or not the government guidance on drugs and alcohol is suitable.									
Next Steps									
<ul style="list-style-type: none"> <li>_____</li> <li>_____</li> </ul>									

<b>T</b>	Teacher	<b>I</b>	Independent
<b>PPA</b>	Planning, Preparation and Assessment	<b>AL</b>	Adult Led
<b>S</b>	Supply	<b>GP</b>	Guided Practice

# Impact of Smoking and Alcohol on the Body

To be able to recognise the impact of drugs and alcohol on the way bodies function.

 <b>Drinking Too Much Alcohol</b>	<b>Body Part</b>	<b>Smoking Cigarettes</b> 
raises blood pressure		
can weaken heart muscle		

Cut out the following statements and stick them in the correct column to show if they refer to the effects of drinking too much alcohol or the effects of smoking. The first two have been done for you.



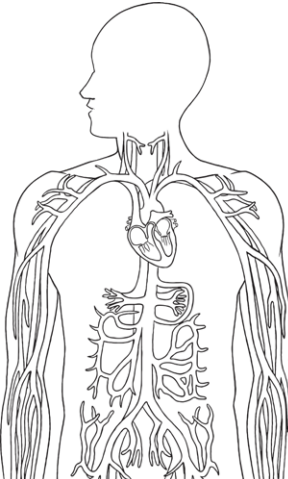
<del>raises blood pressure</del>	can cause an irregular heartbeat
raises heart rate	can cause blood to thicken
can cause blood clots	can narrow arteries
<del>can weaken heart muscle</del>	can cause plaque to form inside blood vessels and narrow them
can cause an irregular heartbeat	raises blood pressure
can cause plaque to form inside blood vessels and narrow them	raises heart rate



# Impact of Smoking and Alcohol on the Body

To be able to recognise the impact of drugs and alcohol on the way bodies function.



 <b>Drinking Too Much Alcohol</b>	<b>Body Part</b>	<b>Smoking Cigarettes</b> 
<p>raises blood pressure</p>		




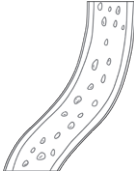
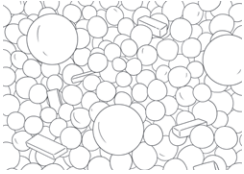

- Use the word bank to complete the statements below to show the effects on the body of drinking too much and/or smoking.
- Then cut out the statements and stick them in the correct column to show if they refer to the effects of drinking too much alcohol or the effects of smoking.

raises blood _____	can cause an irregular heartbeat	<b>Word Bank</b> narrow clot heart pressure heart blood pressure muscle plaque arteries
raises _____ rate	can cause _____ to thicken	
can make your blood more likely to _____	can narrow _____	
can weaken heart _____	can cause plaque to form inside blood vessels and _____ them	
can cause an irregular heartbeat	raises blood _____	
can cause _____ to form inside blood vessels and narrow them	raises _____ rate	

# Impact of Smoking and Alcohol on the Body

To be able to recognise the impact of drugs and alcohol on the way bodies function.

1. Use the word bank to help you complete the table below showing the effects on the circulatory system of drinking too much alcohol and/or smoking.
2. Can you add any effects on other parts of the body from drinking too much alcohol or smoking? A couple of examples are already provided.



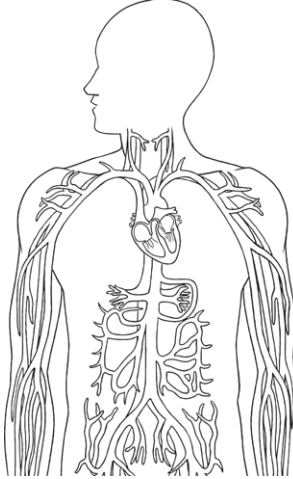
Part of Body	Effect from Drinking Too Much Alcohol 	Effect from Smoking 
<b>heart</b> 	raises/increases heart rate	
<b>blood vessels</b> 		can cause plaque to form in blood vessels
<b>blood</b> 		
<b>blood pressure</b>		
<b>other parts of the body</b> 		








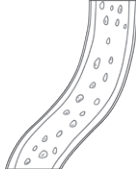
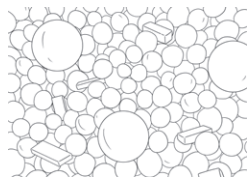

# Impact of Smoking and Alcohol on the Body

## Answers

 <b>Drinking Too Much Alcohol</b>	<b>Body Part</b>	<b>Smoking Cigarettes</b> 
raises blood <u>pressure</u>		raises blood <u>pressure</u>
raises <u>heart</u> rate		raises <u>heart</u> rate
can narrow <u>arteries</u>		can cause an irregular heartbeat
can weaken heart <u>muscle</u>		can cause <u>blood</u> to thicken
can cause an irregular heartbeat		can make your blood more likely to <u>clot</u>
can cause <u>plaque</u> to form inside blood vessels and <u>narrow</u> them		can cause <u>plaque</u> to form inside blood vessels and <u>narrow</u> them

# Impact of Smoking and Alcohol on the Body

## Answers

Part of body	Effect from drinking too much alcohol 	Effect from smoking 
<b>heart</b> 	increases/raises heart rate can cause an irregular heartbeat can weaken heart muscle	increases/raises heart rate can cause an irregular heartbeat
<b>blood vessels</b> 	can cause plaque to form in blood vessels can narrow arteries	can cause plaque to form in blood vessels can narrow arteries
<b>blood</b> 		can cause blood to thicken can make blood more likely to clot
<b>blood pressure</b>	increases/raises blood pressure	increases/raises blood pressure
<b>other parts of the body</b> 	<b>Children may refer to some of these examples.</b> loss of control over speech and movement memory loss loss of impulse control may cause sickness and feeling unwell	<b>Children may refer to this example or may have some examples of their own.</b> breathing problems

# Impact of Smoking and Alcohol on the Body

## Answers

### Word Bank

narrow/widen

weaken/strengthen

plaque

thin/thicken

decrease/increase

arteries

regular/irregular

lower/raise

clot

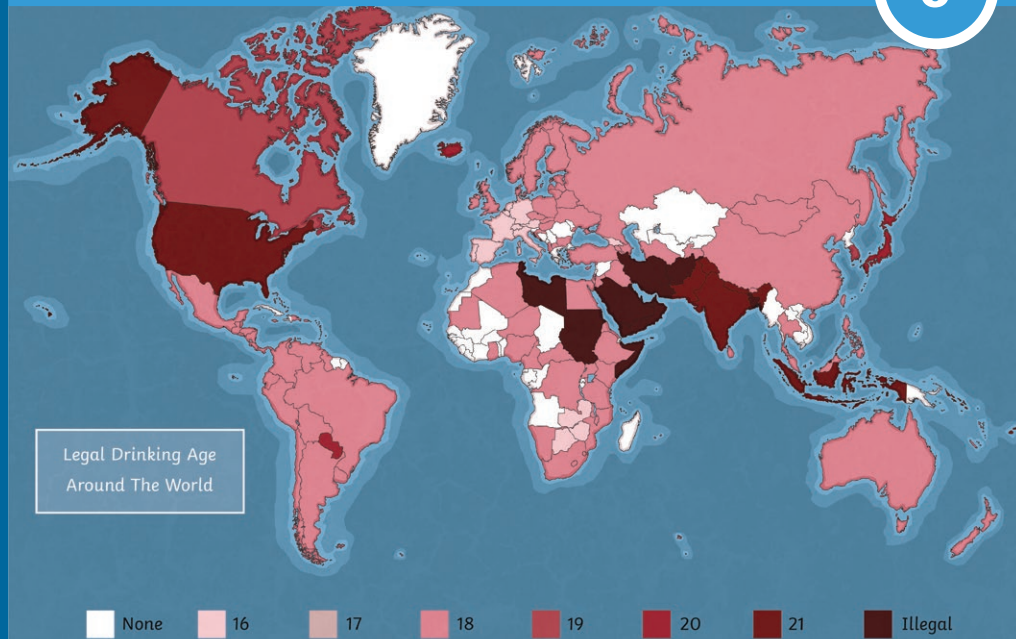
Using what you have found out about the effects of drinking too much alcohol and the effects of smoking, which do you think is more of a health risk? Please give reasons for your choice.

**This requires a personal response. Children should give examples of the effects to provide reasoning for their choice.**



## Reasoning Cards

6



Here is a map that shows the legal age for drinking alcohol in different places around the world.

Should there be laws about the legal drinking age in the UK and why?

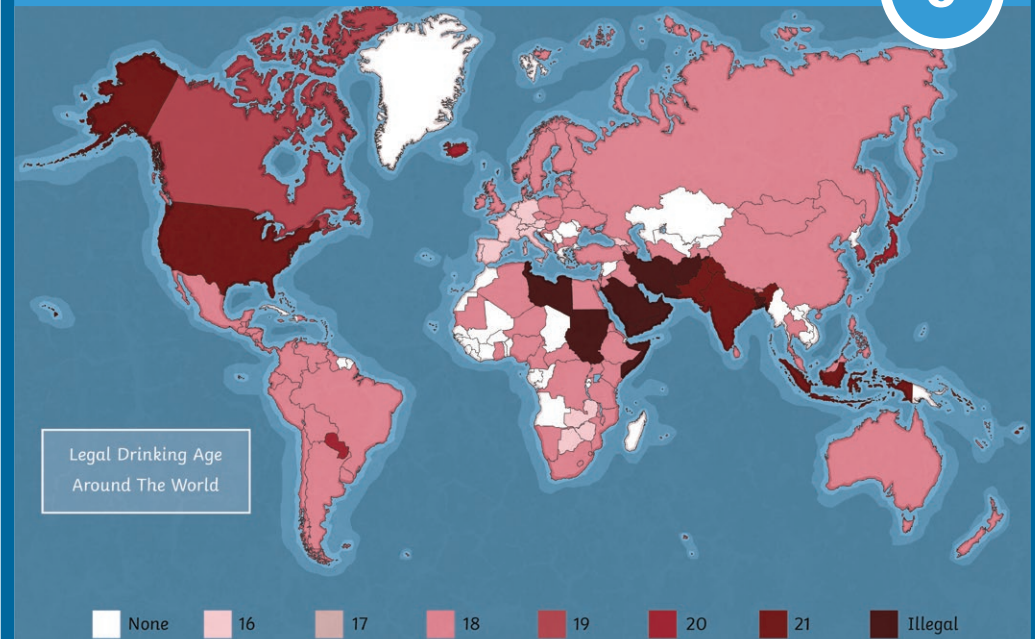
Things to consider:

- Why do you think countries set an age limit on when you can buy and drink alcohol?
- What is the most common legal drinking age?
- What do the countries coloured in the darkest colour represent?

What can happen if a person drinks a lot of alcohol over a long period of time?

## Reasoning Cards

6



Here is a map that shows the legal age for drinking alcohol in different places around the world.

Should there be laws about the legal drinking age in the UK and why?

Things to consider:

- Why do you think countries set an age limit on when you can buy and drink alcohol?
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## Reasoning Card ⑥

Here is a map that shows the legal age for drinking alcohol in different places around the world.

Should there be laws about the legal drinking age in the UK and why?

Things to consider:

- Why do you think countries set an age limit on when you can buy and drink alcohol?
- What is the most common legal drinking age?
- What do the countries coloured in the darkest colour represent?

What can happen if a person drinks a lot of alcohol over a long period of time?

### Example answer:

**The legal drinking age should be set by law, and it should be at a suitable age, like 18 years old or above because alcohol can cause short and long-term health problems.**

**Different countries have laws about alcohol that are even stricter than the UK. Looking at the map, the most common legal drinking age around the world is 18 years old. The countries in the darkest colour represent countries where drinking alcohol is illegal.**

**Countries put laws in place because drinking a lot over a long time can be very harmful to a person's body. It can affect the liver, but it can also affect the circulatory system by causing plaque to build up in the arteries. This can increase the risk of coronary heart disease and high blood pressure.**

Animals Including Humans | Drugs and Alcohol

To be able to recognise the impact of drugs and alcohol on the way bodies function.		
I can explain how drugs and alcohol can affect the body.		
I can describe the impact of drugs and alcohol on the circulatory system.		
I can give my opinion about whether or not the government guidance on drugs and alcohol is suitable.		

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