

PSHE - Year Five - Summer Term

Health and Wellbeing

In this unit we will learn about:



Physical Health and Mental Wellbeing	Growing and Changing	Keeping Safe
- How sleep contributes to a healthy lifestyle, routines that support good quality sleep and the effects of lack of sleep on the body, feelings and behaviour. - How bacteria and viruses can affect health, and how everyday hygiene routines can limit the spread of infection. - Personal hygiene and how to maintain it. - The benefits of sun exposure and the risk of over exposure. The Importance of sun safety to avoid sun burn, heat stroke and skin cancer.	- Strategies and behaviours which support mental health (including: good sleep, physical exercise, time outdoors, being involved in clubs or groups, doing things for others, activities, hobbies and spending time with family and friends). - Puberty and changes which occur to their body and mind. - Personal identity is what contributes to who you are (ethnicity, family, gender, faith, culture, hobbies, likes/dislikes). - That for some people gender identity does not correspond with their biological sex. - To recognise individuality and personal qualities.	- How to predict, assess and manage risk in different situations. - What is meant by first aid, basic techniques for dealing with common injuries. - How to respond and react in an emergency situation. - How to identify situations which may need emergency services, and how to contact them and what to say.

Vocabulary

Bacteria	Puberty
Virus	Risk
Infection	Emergency
Hygiene	
Sun Exposure	
Mental Health	
Identity	
Biological Sex	

Resources

Eat Well
 PSHE Association Sleep Factor
 PSHE Association Drug and Alcohol Lessons
 PSHE Association Mental Health Lessons
 PSHE Association Gamble Aware
 Premier League Primary Stars
 St Johns Ambulance First Aid Training

Possible Activities

Circle time
 Role play
 Nurse Visit
 Picture Books
 Case Studies

