



Inspiring children to be resilient and aspirational learners, within a positive and considerate community

Subject: PSHE	Year group: 5 Term: Summer	Title: Health and Wellbeing
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<p>What should I already know?</p> <ul style="list-style-type: none"> • How to maintain a healthy and balanced lifestyle in physical and mental health • How to identify external genitalia and reproductive organs • About the physical and emotional changes during puberty • Key facts about the menstrual cycle and menstrual wellbeing, erections, and wet dreams • The importance and taking medicines correctly and using household products safely • To recognise what is meant by a 'drug' • Identify the side effects related to different drugs and identify some of the risks associated with drugs common to everyday life • That for some people using drugs can become a habit which is difficult to break 	<p>Facts I will learn</p> <ul style="list-style-type: none"> • How sleep contributes to a healthy lifestyle • The benefits of the sun and being outdoor on mental and physical wellbeing • How the spread of virus' can be prevented with basic hygiene • That for some people their gender identity doesn't correspond to their biological sex • To identify risky, unsafe or emergency situations • That female genital mutilation (FGM) is against the law and whom to tell if they think someone is at risk of FGM <div style="text-align: center;"> </div>	<p>Key questions</p> <ul style="list-style-type: none"> • Why is sleep important for a healthy lifestyle? • How can being outside and, in the sun, benefit my physical and mental health? <ul style="list-style-type: none"> • How can the risk of sun damage be limited? <ul style="list-style-type: none"> • How can some diseases be prevented? • How can I stop the spread of bacteria and viruses? <ul style="list-style-type: none"> • Why do some people feel like their gender is different from their biological sex? • How can I identify when situations are becoming risky, unsafe or an emergency? • What are the differences between positive risks and dangerous behaviour? <ul style="list-style-type: none"> • How should we respond to an emergency, including phoning the emergency services? • What is female genital mutilation (FGM) and what you should do if you think someone is at risk of FGM?
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<p>Key Skills.....</p> <p>During this term, the children will develop their personal, social and emotional skills. They will learn about alcohol, smoking and drugs and ways they may come across these as they grow up. They will learn how to deal with risky situations and the difference between positive and unsafe risk.</p>	<p>Experiences that school will provide:</p> <p>Speaking with the counsellor about looking after their mental health and strategies to support.</p>	<p>Key vocab Definition</p>	
<p>Web links</p> <p>https://www.bbc.co.uk/newsround/48609398</p> <p>https://www.bbc.co.uk/bitesize/clips/zmcg9j6</p>	<p>Experiences that could be provided at home...</p> <p>Discuss the importance of good personal hygiene</p> <p>Have a discussion about positive and unsafe risks</p>	<p>risk</p>	<p>A situation involving exposure to danger or a situation where something could go wrong.</p>
		<p>gender</p>	<p>Male and female identity, used for social and cultural differences rather than biological ones.</p>
		<p>biological</p>	<p>Related by birth.</p>
		<p>emergency</p>	<p>A situation in which risk to health, life, property or environment is about to happen.</p>
		<p>hygiene</p>	<p>To way we care for our bodies in order to stop ourselves getting sick.</p>