



PSHCE

Year: 5

Term 5

Theme: Physical Health and Mental Wellbeing

Core Learning Behaviour: Be creative

Safeguarding Alerts: (add individual children's initials where applicable) - 'MM'

Be aware of:

- Children who are receiving ELSA or outside support to help them manage their physical health and wellbeing

Mental Health and Wellbeing:

Pupils should know...

- that mental wellbeing is a normal part of daily life, in the same way as physical health
- the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness
- simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests
- isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support
- where and how to seek support

Knowledge:

- How sleep contributes to a healthy lifestyle
- Healthy sleep strategies and how to maintain them
- About the benefits of being outdoors and in the sun for physical and mental health
- How to manage risk in relation to sun exposure, including skin damage and heat stroke
- How medicines can contribute to health and how allergies can be managed
- That some diseases can be prevented by vaccinations and immunisations
- That bacteria and viruses can affect health
- How they can prevent the spread of bacteria and viruses with everyday hygiene routines
- Recognise the shared responsibility of keeping a clean environment

Skills:

- Know how sleep, including healthy sleep strategies contribute to a healthy lifestyle
- Be aware of and describe the benefits of being outdoors for mental health and wellbeing
- Know how to manage risk in relation to sun exposure, including skin damage and heat stroke
- Understand how medicines can contribute to health and how allergies can be managed
- Know that some diseases can be prevented by vaccinations and immunisations
- Describe how bacteria and viruses can affect health
- Talk about how they can prevent the spread of bacteria and viruses with everyday hygiene routines
- Recognise the shared responsibility of keeping a clean environment

Prior Learning:

- Rec - Y4 Term 5 - Physical Health and Wellbeing (all)

Vocabulary:

- Healthy sleep
- Mental health and wellbeing
- Skin damage, heat stroke
- Vaccinations, immunisations
- Bacteria, viruses

Cross Curricular Links:

PE: all

Science: animals, including humans

Oracy:

Circle time discussions - use class toy to know when to speak. Provide sentence stems for responses and encourage all to respond in the circle.

Work in pairs to encourage all children to participate and to promote active listening.

Wider Reading

Enrichment

BNF Healthy Eating Week
Chartwell School Visit
ROC visit @ Clayfield Copse