

# Year 5 PSHE Termly Overview - Summer

**Theme: Health and Wellbeing**

**Sub-themes: Physical Health and Mental wellbeing  
Growing and Changing  
Keeping Safe**

## Core Substantive Knowledge

## Key Vocabulary

## Key Questions

### Physical Health and Mental wellbeing

Children will learn:

- 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
- to recognise the shared responsibility of keeping a clean environment

Sleep, habit, routine, puberty, bedtime, exposure, over exposure, limiting, damage, health, protection, trigger, anaphylaxis, allergen, immune response, ingestion, injection, inhalation, autoinjector, vaccination, prescription, insulin, EpiPen, asthma, allergy

- Why is sleep important for keeping us healthy?
- How can we enjoy the sun safely without harming our skin or health?
- How do medicines help us stay healthy and what can we do to manage allergies safely?
- How can using medicines and vaccinations safely help us stay healthy and prevent illness?

### Growing and Changing

Children will learn:

- about personal identity and what contributes to it, including race, sex, gender, family, faith, culture, hobbies, likes/dislikes
- that for some people their gender identity does not correspond with their biological sex
- how to recognise, respect and express their individuality and personal qualities
- ways to boost their mood and improve emotional wellbeing
- about the link between participating in interests, hobbies and community groups and mental wellbeing

Attributes, characteristics, identity, individual, individuality, personality, self-worth, skills, talents, qualities, unique, self-confidence, mental health, well-being, benefits, strategies, inclusivity, respect, well-being,

- What makes up our personal identity and how do our qualities, backgrounds, and experiences make each of us unique?
- How can being active help our emotional and physical wellbeing?
- How can hobbies and community activities help

	benefits, respect, individuality, express, unique, qualities	<p>us feel happy and healthy?</p> <ul style="list-style-type: none"> <li>• How can we recognise what makes us unique and show respect for our own and others' qualities?</li> </ul>
<p><b>Keeping Safe</b> Children will learn:</p> <ul style="list-style-type: none"> <li>• to identify when situations are becoming risky, unsafe or an emergency</li> <li>• to identify occasions where they can help take responsibility for their own safety</li> <li>• to differentiate between positive risk taking (e.g. trying a challenging new sport) and dangerous behaviour</li> <li>• how to deal with common injuries using basic first aid techniques</li> <li>• how to respond in an emergency, including when and how to contact different emergency services</li> <li>• that female genital mutilation (FGM) is against British law'</li> <li>• what to do and whom to tell if they think they or someone they know might be at risk of FGM</li> </ul>	<p>Hazard, danger, risk, emergency, incident, distress, authorised, unauthorised, misuse, permission, legal, illegal, consequences, peer influence, age restrictions, worth, harm, help, loss, gain, positive, negative, consequence, outcome, illegal, first aid, emergency, procedures female, genital, mutilation, abuse, harm</p>	<ul style="list-style-type: none"> <li>• How can we recognise when situations become risky or unsafe?</li> <li>• How can we stay safe, avoid risks, and use computers in positive ways?</li> <li>• How can we tell the difference between taking a positive risk and doing something dangerous?</li> <li>• How can we make sensible choices when deciding whether to take a risk?</li> <li>• What are the basic emergency first aid skills?</li> <li>• How do you respond and react to an emergency situation?</li> <li>• What is FGM, why is it illegal, and who can help if someone is at risk?</li> </ul>