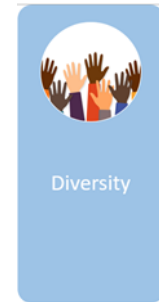


Subject: PSHE

Year group: 5

Term: Spring

Unit name: Health and wellbeing- Keeping Safe



Main concepts (Health and wellbeing)

- to identify when situations are becoming risky, unsafe or an emergency
- to identify occasions where they can help take responsibility for their own safety
- to differentiate between positive risk taking (e.g. trying a challenging new sport) and dangerous behaviour
- how to deal with common injuries using basic first aid techniques
- how to respond in an emergency, including when and how to contact different emergency services

Prior knowledge.

Children should already...

- the importance of taking medicines correctly and using household products safely
- to recognise what is meant by a 'drug'
- that drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) can affect health and wellbeing
- to identify some of the effects related to different drugs and that all drugs, including medicines, may have side effects
- to identify some of the risks associated with drugs common to everyday life

Key vocabulary

Unsafe, risk, safety, responsibility, danger, dangerous behaviour, emergency services, response, first aid,

How the children are to be taught this.

PSHE should be delivered in mixed gender groups.

Use teacher judgment to decide whether this should be blocked to a day or taught over smaller sessions, dependent upon the cohort.

Please use teacher judgement to decide which parts of this unit can be taught by adults other than the class teacher.

SMSC

(Spiritual, Moral, Social, Cultural)

Behaviour in wider society, social responsibility.

How emergency services work in the UK– NHS, free at point of need.