



Enriching lives every day; enabling our school community to learn, achieve and flourish through living 'life in all its fullness'



Subject: PSHE

Year group: 5

Term: Summer

Unit name: Healthy Lifestyles (healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies)

Compassion

When Jesus arrived, he saw a large crowd. He felt sorry for them and healed those who were sick.

Matthew 14:14

Main concepts:

- To know how sleep contributes to a healthy lifestyle.
- To develop an understanding of healthy sleep strategies and how to maintain them.
- To know the benefits of being outdoors and in the sun for physical and mental health.
- To know how to manage risk in relation to sun exposure, including skin damage and heat stroke.
- To understand how medicines can contribute to health and how allergies can be managed. To recognise the importance of a clean environment.
- To know that some diseases can be prevented by vaccinations and immunisations.
- To know that bacteria and viruses can affect health and to begin to understand how the spread of bacteria and viruses can be prevented with everyday hygiene routines.

Possible outcomes— drama, leaflet, freeze frame photo, poster

Prior knowledge. Children should already...

Be able to identify a wide range of factors that maintain a balanced, healthy lifestyle, physically and mentally (Y4).

Know routines and habits for maintaining good physical and mental health (Y2) including basic hygiene (Y1).

Know the importance of sleep and rest for growing and keeping healthy (Y2).

Know that regular exercise has positive benefits for their mental and physical health (Y3).

Know how to stay safe in the sun (Y1).

Know medicines, including vaccinations and immunisations, can help people stay healthy and manage allergies (Y2).

Know that common illnesses can be quickly and easily treated with the right care (Y4).

How the children are to be taught this.

Relate to children's own lives and experiences.

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

At the teacher's discretion, some objectives could be taught by additional adults (dependent upon the cohort).

Key vocabulary

Sun exposure, UV, skin cancer, heat stroke, vaccination, immunisation, bacteria and viruses, antibiotic.