

Year 5 PSHE Summer term outline: Health and wellbeing			
Theme	Lesson	Learning outcome	Key questions
Physical health and mental wellbeing	1	<i>To learn how sleep contributes to a healthy lifestyle and healthy sleep strategies and how to maintain them.</i>	Why is sleep so important?
	2	<i>To learn about the benefits of being outdoors and in the sun for physical and mental health and how to manage risk in relation to sun exposure, including skin damage and heat stroke.</i>	What are the benefits and risks of being out in the sun?
	3	<i>To learn that some diseases can be prevented by vaccinations and immunisations and that bacteria and viruses can affect health.</i>	How can some diseases be prevented?
	4	<i>To learn how they can prevent the spread of bacteria and viruses with everyday hygiene routines and to recognise the shared responsibility of keeping a clean environment.</i>	How can we keep a clean environment?
Growing and changing	5	<i>To learn about personal identity and what contributes to it, including race, sex, gender, family, faith, culture, hobbies, likes/dislikes.</i>	What is personal identity?
	6	<i>To learn that for some people their gender identity does not correspond with their biological sex.</i>	What is gender identity?
	7	<i>To learn how to recognise, respect, and express their individuality and personal qualities.</i>	How can respect and express ourselves?
	8	<i>To learn ways to boost their mood and improve emotional wellbeing and about the link between participating in interests, hobbies and community groups and mental wellbeing.</i>	How can we express our emotional and mental wellbeing?
Keeping safe	9	<i>To learn to identify when situations are becoming risky, unsafe or an emergency and to identify occasions where they can help take responsibility for their own safety.</i>	How can we identify if a situation is unsafe or not?
	10	<i>To learn to differentiate between positive risk taking (e.g. trying a challenging new sport) and dangerous behaviour.</i>	Can taking risks be positive?
	11	<i>To learn how to deal with common injuries using basic first aid techniques.</i>	What is first aid?
	12	<i>To learn how to respond in an emergency, including when and how to contact different emergency services.</i>	How should we respond in an emergency?