

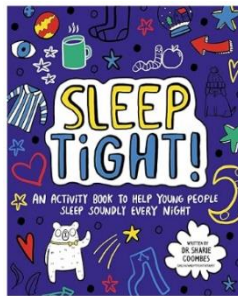
# RSE

Year group: 5

Term: Summer

## Physical health and Mental wellbeing

Healthy sleep habits; sun safety; medicines, vaccinations, immunisations



## Topic overview

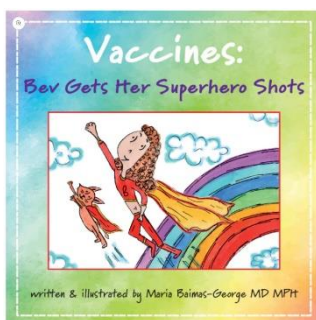
To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear.

By the end of this unit,  
I will be able to:

- 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

## Prior knowledge

- to identify a wide range of factors that maintain a balanced, healthy lifestyle, physically and mentally
- what good physical health means and how to recognise early signs of physical illness
- that common illnesses can be quickly and easily treated with the right care e.g. visiting the doctor when necessary
- how to maintain oral hygiene and dental health, including how to brush and floss correctly
- the importance of regular visits to the dentist and the effects of different foods, drinks and substances on dental health

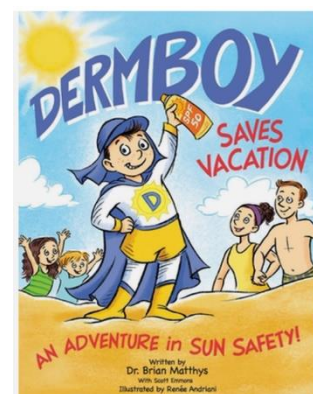


## National Curriculum Objectives

### By the end of primary school:

Pupils should know

- the importance of self-respect and how this links to their own happiness.



## Key vocabulary

Outdoors, sun safety, cleanliness, virus, allergies