

Y5
PSHE – Summer 1
Topic



Key Vocabulary:	
Sleep	The natural state of rest where the body and brain recover
Vitamin D	A nutrient your body makes from sunlight that helps keep bones, teeth, and muscles strong.
Wellbeing	How healthy and happy you feel in your body and mind.
Mental health	How you think, feel, and manage emotions in everyday life.
Medicine	A substance used to treat illness or help relieve symptoms.
Allergy	An allergy is when the immune system overreacts to a substance
Vaccine	A treatment that helps your body learn how to fight diseases before you get ill.
Bacteria	Tiny living organisms: some are helpful, but others can cause illness.
Virus	A very small germ that can spread between people and cause diseases like colds or flu.
Hygiene	Actions we take to stay clean and prevent the spread of germs (e.g., washing hands).

Sequence of Learning:					
Objectives (key knowledge):					
LO: To know how sleep contributes to a healthy lifestyle and learn about strategies and how to maintain them.	LO: To learn about the benefits of being outdoors and in the sun for physical and mental health.	LO: To learn how medicines can contribute to health and how allergies can be managed.	LO: To learn that some diseases can be prevented by vaccinations and immunisations.	LO: To learn about how bacteria and viruses can affect health and how I can prevent the spread of bacteria and viruses with everyday hygiene routines.	LO: To learn and recognise the shared responsibility of keeping a clean environment.