

Year Group

Subject

Theme

Year 5/6

PSHE

Health and wellbeing



Hurst Hill Primary School
Learning Together

During Summer Term,
we will be focusing on:

Mental wellbeing

**Internet safety and
harms**

**Physical health and fit-
ness**

Healthy eating

**Drugs, alcohol and to-
bacco**

Health and prevention

**Changing adolescent
body**

Key vocabulary:

Aspiration- a hope or ambition
of achieving something.

Bereavement- be deprived of
someone through their death.

Puberty- the time when your
body begins to develop and
change as you move from child
to adult.

Body image- Body image refers
to how an individual sees their
own body.

Independence- the fact or state
of being independent.

Peer pressure- influence from
members of one's peer group.

Media- the main means of
mass communication.

(broadcasting, publishing, and
the Internet) regarded collec-
tively.

What I should already know:

Mental wellbeing: that mental wellbeing is a normal part of daily life, in the same way as physical health. The benefits of physical exercise, time outdoors, community participation on Mental wellbeing and happiness. That bullying (including cyberbullying) has a negative and often lasting impact on mental well-being.

Internet safety and harms: how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private. That the inter-net can also be a negative place where online abuse, trolling, bullying and harass-ment can take place, which can have a negative impact on mental health.

Physical health and fitness: the risks associated with an inactive lifestyle (including obesity).

Healthy eating: the principles of planning and preparing a range of healthy meals.

Health and prevention: how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body, about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.

Basic first aid: concepts of basic first-aid, for example dealing with common injuries, including head injuries.

By the End Of The Unit Children will know:

Mental wellbeing: simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing.

Internet safety and harms: about the benefits of rationing time spent online and the risks of excessive time spent on electronic devices. why social media, some computer games and online gaming, for example, are age restricted. how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.

Physical health and fitness: how and when to seek support including which adults to speak to in school if they are worried about their health.

Healthy eating: the characteristics of a poor diet and risks associated with unhealthy eating.

Drugs, alcohol and tobacco: the facts about legal and illegal harmful substances and associ-ated risks, including smoking, alcohol use and drug-taking.

Health and prevention: the facts and science relating to allergies, immunisation and

Vaccination About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage.

Changing adolescent body: key facts about puberty and the changing adolescent body,

particularly from age 9 through to age 11, including physical and emotional changes About menstrual wellbeing including the key facts about the menstrual cycle

Key skills

Listen carefully to a range of ideas and suggestions

Contribute to class discussions

Participate in small group activities

Uphold our school values during PSHE lessons



Our assemblies:

Monday- Whole school assembly to launch our weekly theme.

Tuesday- Visitor assembly linked to one of our school values.

Wednesday- Class assembly

Thursday- Singing assembly

Friday- Celebration assembly