

Holy Family Catholic Primary School Cronton

Year 5: PSHE summer term

Themes: Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies, Personal identity; recognising individuality and different qualities; mental wellbeing and Keeping safe in different situations, including responding in emergencies and first aid.

Throughout the term, children will learn:

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.
That bacteria and viruses can affect health.
How they can prevent the spread of bacteria and viruses with everyday hygiene routines.

How to recognise, respect and express their individuality and personal qualities.
Ways to boost their mood and improve emotional wellbeing.
About the link between participating in interests, hobbies and community groups and mental wellbeing.

How to deal with common injuries using basic first aid techniques.
How to respond in an emergency, including when and how to contact different emergency services.

Key vocabulary:

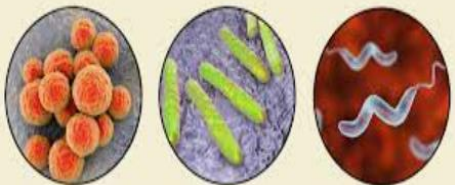
Heat stroke: a condition marked by fever and often by unconsciousness, caused by failure of the body's temperature-regulating mechanism when exposed to excessively high temperatures.

Bacteria: a member of a large group of unicellular microorganisms, which have cell walls but lack organelles and an organized nucleus, including some that can cause disease.

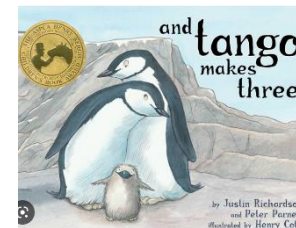
Emotional wellbeing: the ability to successfully handle life's stresses and adapt to change and difficult times.

First aid: help given to a sick or injured person until full medical treatment is available.

EXAMPLES OF BACTERIA



No Outsiders curriculum book for the summer term



And Tango Makes Three

To accept people who are different from me.