

You will know

- The importance of getting a good night's sleep and changes in sleep patterns as you get older.
- The harmful effects of smoking and vaping on the body.
- The benefits of physical activity on body (physical health) and mind (mental health).
- What is meant by the term 'mental health'
- That we can look after our mental as well as our physical health.
- Our emotions can be affected if we go through challenging or difficult times in our life, or if we go through changes.
- Emotions can sometimes be conflicting—you can feel several emotions at the same time.
- Emotions can be communicated without words; feelings have a physical effect on our

You will know how to

- Develop a bedtime routine that improves your sleep.
- Identify skills and strategies needed to resist any pressure to smoke.
- Find ways to be physically active throughout the day.
- Seek support and advice about physical activity.
- Explain everyday behaviours that can help us to look after our mental health.
- Explain how emotions can change over time.
- Identify our 'personal support network' that we can rely on during difficult times.
- Demonstrate a range of strategies to help you manage strong feelings such as anger.



PSHE

Year 5

Spring Term

Health and Wellbeing

Vocabulary

Word	Definition
Respiratory	Relating to breathing or the breathing system e.g. lungs.
Addiction	Dependence on a harmful thing or substance.
Nicotine	A toxic, addictive chemical found in tobacco.
Aerobic	Aerobic exercise increases respiration and heart rate.
Hostility	A strong feeling of hatred or anger towards a person or group.
Annoyance	A feeling of mild anger or impatience.

