



PSHE: HEALTH AND WELL-BEING

Years 5/6

PSHE Units of Learning:

Y1/3/5: Individuality, Independence and Assertiveness; Growing Up, Staying Healthy and Making Ambitions.

Y2/4/6: Following the Law, Staying Safe and Overcoming Peer Pressure; Changes, Transitions and Positivity.

Key knowledge

The choices we make regarding exercise, sleep, relaxation and the food we eat, affects our physical health and mental health.

There are key skills that make effective learners being focused, listening well, observing others, practising hard.

Pressure to think or behave in a particular way can come from a variety of sources: online and offline.

Everyone has the right to decide what is personal/private information and who to share it with



Key vocabulary

This is the vocabulary that will help us talk about our learning

aggressive	angry or violent behaviour or feeling
passive	receiving an action without acting in return, or not responding to something that might affect you
assertive	the ability to speak up for ourselves in a way that is honest and respectful
legal	allowed or required by law
illegal	forbidden by law
stress	what you feel when you are worried or uncomfortable about something
binge	a period of overindulgence
puberty	the time when your body begins to develop and change as you move from child to adult

