



# RSHE - Y5



19.04.2022 - 26.05.2022

## Unit title

## Description of Unit

## Key Vocabulary

P2) How can I stay fit and healthy?

Understand how regular exercise and a balanced diet can help us stay fit and healthy.

Fit  
Healthy  
Exercise  
Diet  
Balanced

P3) Can I avoid getting ill?  
120+ Minutes

Understand the risks of taking drugs, alcohol and tobacco. Understand why getting the right amount of sleep is important. Identify the ways to avoid damage caused by the sun. Identify key indicators of poor health. Know strategies to help them sleep better. Understand the importance of dental hygiene.

Oral hygiene  
Flossing  
Tooth decay  
Plaque

M4) Who am I?

Learn to express our sense of identity. Understand that our brains can get poorly and can be treated (just like our bodies). Know that mental well-being varies and is not constant.

Identity  
Emotions

Fa3) Is there such a thing as a 'normal' family?

Understand the diversity of home lives. Appreciate that many people have heritage from other countries and may have dual heritage. Understand that the cultural differences between families do not make people better or worse and often present an opportunity for learning and fun.

Difference  
Conventional