

Year Group: Year 5	Topic Title: PSHE: Health & Wellbeing	
<p>National Curriculum Aims:</p> <p>The Government provide grant funding to the PSHE Association. Their suggested aims for KS2 have been split, by myself, into aims for Year 3, 4 5 and 6.</p> <p>The aims cover three overarching subject areas:</p> <ul style="list-style-type: none"> • Relationships • Health & Wellbeing • Living in the Wider World <p>National Curriculum Subject Content:</p> <ul style="list-style-type: none"> • What affects their physical, mental and emotional health positively and negatively • Recognising how images in the media can affect their opinion of themselves • That emotions can be difficult to ignore and how to assess, identify and deal with them. • How puberty will affect them physically and emotionally • Using phones responsibly 	<p>Tier 2 Vocabulary-Academic:</p> <p>Physical, mental, emotional, positive, negative, media</p>	<p>Tier 3 Vocabulary-Subject Specific:</p> <p>Puberty</p>
	<p>Knowledge Pupils will learn about the Topic:</p> <p>The children will be taught from the following objectives and will learn the following knowledge:</p> <ul style="list-style-type: none"> • To understand what affects their physical health positively and negatively – what is physical health, why physical health is important, what is good/bad for physical health and how it supports mental health too • To understand what affects their mental health positively and negatively – what is mental health, why mental health is important, why it needs discussing as normal, how different people have different mental strength, just as they have different physical health and different things can affect people differently • To understand what affects their emotional health positively and negatively – what is emotional health? Being able to recognise emotions and know how to deal with them – help children identify how emotions can feel physically so they can name how they feel • To recognise how images in the media and online do not always reflect reality and can affect how people feel about themselves – that images online are often edited and they cannot use those to measure themselves; that often people feel they aren't as good, pretty, talented etc as others • To recognise that they may experience conflicting emotions and when they might need to listen to, or overcome, these – linking to previous objectives about identifying emotion, that emotion can be overwhelming and can sometimes lead you in the wrong direction, whilst others do the opposite • How their body will change as they approach and move through puberty – physical changes to be expected during puberty <ul style="list-style-type: none"> ○ Know that the body reaches sexual maturity at puberty (from Animals including Humans Science Y5) ○ Understand that menstruation is a sign of sexual maturity in females and that hormones are responsible for the changes (from Animals including Humans Science Y5) ○ Know that both males and females develop pubic hair at puberty (from Animals including Humans Science Y5) ○ Understand that males experience changes at puberty including developing a deeper voice, facial hair, pubic hair and increased muscle density (from Animals including Humans Science Y5) ○ Understand that it is important to observe rules of hygiene when the body changes at puberty, including washing areas where pubic hair has grown (from Animals including Humans Science Y5) 	

- How their emotions will change as they approach and move through puberty – **how hormones will affect emotion and make them vulnerable to their emotions; how to deal with parents and friends during this time**
- The responsible use of mobiles phones: keeping them safe, safe user habits, use of passcodes and turning it off at night – **understanding the weight of responsibility that comes with a device and how to use it properly**

Threshold Concepts Covered in this Topic:

- Mental health and what affects it
- Puberty: the physical and mental effects
- Responsible device use