

Year 5 Spring Term – Physical health

Prior Knowledge:

1. To learn about the importance of good sleep
2. To learn about influences and making healthy choices when deciding what to eat or drink
3. Seek medical help, if required, for someone who is having an asthma attack

Prior skills:

1. explain why sleep is important for a healthy lifestyle
2. describe bedtime routines that help improve sleep
3. identify how sleep patterns and needs might change during puberty
4. explain some choices people can make about what to eat and drink
5. identify who or what might influence choices about food recognise positive and negative influences on food choices
6. describe how people can manage less helpful influences when making choices about food
7. Identify a casualty who is having an asthma attack
8. Assess a casualty's condition calmly and give first aid to someone who is having difficulty breathing due to asthma

Key Knowledge :

1. To learn how to plan and prepare a healthy meal
2. To learn about the importance of regular, physical activity
3. Assess a casualty's condition calmly and give first aid to a casualty who is bleeding

Key Skills:

1. plan a healthy meal
2. explain how to prepare a healthy meal safely within the home
3. recognise that adverts are designed to influence food and drink choices
4. describe some of the ways that home-cooked food might be healthier than ready-made (takeaway/processed) food
5. explain what it means to be physically active and different types of physical activity
6. describe the benefits of physical activity on body (physical health) and mind (mental health)
7. explain the importance of healthy habits and balancing different types of activities
8. identify opportunities to be physically active throughout the day and week
9. explain how to seek support and advice in relation to physical activity
10. Ensure the safety of themselves and others.
11. I can give first aid to a casualty who is in shock.
12. I can seek medical help if required for a casualty who is bleeding

Vocabulary: adverts, advertising, cooking, influences, ingredients, preparation, safety, active, aerobic, balance, bones, breath, confidence, coordination, exercise, habits, inactive, mental, mind, mobility, muscles, physical, social, strengthen, weight, safety minor severe bleeding heart arteries veins positioning shock oxygen red blood cells circulating white blood cells infection bandaging reassuring

Schemes used:

PSHE Association

St John's Ambulance

Future Knowledge- Year 6

1. To learn about strategies to maintain a balanced lifestyle
2. Assess and give first aid to a casualty who is choking