

Year: 5 Subject: RSHE Block 3 Keeping Healthy
Units: Mental Wellbeing; Physical Health and Fitness/Healthy Eating;
Drugs, Alcohol and Tobacco; Health and Prevention

Overview:

During this sequence of learning, pupils will anticipate how their emotions may change as they approach and move through puberty. Pupils will understand how taking part in regular physical activity has lots of benefits to physical and mental health, wellbeing and their learning. Pupils will know some key facts and risks associated with smoking, alcohol and drugs. Pupils will learn about the importance of good sleep.

What should I already know?

- Emotions are the way we feel inside and they can affect how we feel about ourselves, other people and how we behave. Empathy is the ability to imagine how someone else feels. It is important to share emotions with other people but there are safe and appropriate ways of doing this.
- Sports and active hobbies are a great way to get moving, which is really important for my physical health, and can help improve my confidence and self-esteem. After I have been physically active I can feel happier, more enthusiastic and sleep better at night.
- When people talk about drugs they usually mean those that are illegal or unsafe. There are lots of reasons why people take drugs; they might do it because their friends are doing it or to look popular; they might take them to forget about feeling sad or like the thought of doing something dangerous; they might be pressured or forced to take them by others

What will I know by the end of the unit?

- Puberty can start from the age of eight years, being triggered by a range of hormonal changes that help the transition from childhood to adulthood. Puberty is an exciting time as you will develop and experience new emotions. However, hormones can change quickly and frequently, causing emotions to change quickly and frequently. This can result in feeling like you are on an emotional rollercoaster. Other triggers can include fatigue, hunger, stress and anxiety.
- Regular exercise and eating a healthy, balanced diet is essential in maintaining both physical and mental health and well-being. Healthier lifestyles are associated with improved sleep and mood.
- If you use alcohol or drugs for a long time it can cause serious issues for your mental and physical health. Drugs may cause mental illness for the first time, can make you more unwell and more likely to try and harm yourself. Drinking alcohol and getting drunk affects the way you think and feel; some people drink alcohol to try to cope with worries but it is dangerous and can damage your body. Smoking tobacco is really bad for your health; it can cause serious problems such as cancer. Tobacco is addictive so once you start it can be very difficult to stop. It is important to think about your own opinions towards drugs and alcohol and resist peer pressure.
- Poor quality and not enough sleep can cause wider health problems; lack of sleep can affect your weight, mood and ability to learn. Puberty can affect your sleep patterns so it is important to establish good sleep habits and routines.



Vocabulary:

Emotions	Strong feelings such as love, fear or anger.
Puberty	The stage when you develop from a child into an adult because of changes in your body that make you able to have children.
Drugs	A chemical, often used illegally to make you feel different or because you can't stop taking it.
Alcohol	A liquid such a beer, wine or spirit which can make you drunk.
Attitudes	The way you think or feel about somebody or something.
Sleep	To rest with your eyes closed and your mind and body not active.
Sleep terrors	Episodes of screaming, intense fear and flailing when asleep.
Sleep walking	When someone walks or carries out activities while not fully awake.

Reffley Academy