

## Year 5 PSHE Unit Plan

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| <b>Name of unit: Health and wellbeing</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Expected Outcomes (PSHE Learning Intentions)</b><br>Pupils who are secure will be able to: Perform some yoga poses, following the instructions from a video, and describe how yoga makes them feel.<br>Describe how they can get a good night's sleep and explain why this is important.<br>Describe why they should embrace failure. Describe a strategy to help manage feelings of failure and to help them to persevere. Set themselves goals and consider how they will achieve them. Describe a range of feelings and suggest two ways of dealing with a difficult situation.<br>Demonstrate an understanding of what calories are and how to use them to help plan healthy meals. Recognise the food groups and acknowledge that having a variety of food is important for having a balanced and healthy diet. Understand how to keep safe in the sun and some of the risks, now and in the future, if they don't.                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Developmental Focus Opportunities (Social and Emotional Skills Learning Intentions)</b><br>Emotional Literacy & Mental Wellbeing to Recognise and name a range of emotions using an expanded vocabulary. Understand that mental health is part of everyday life, not just illness.<br>Explore strategies for managing emotions, including mindfulness, journaling, and talking to trusted adults. Know how to seek help for themselves or others when struggling emotionally. Resilience & Self-Identity. Embrace failure as part of learning and develop a growth mindset. Set personal goals and reflect on progress and achievements. Build a positive self-image, including online identity and reputation. Understand how identity can be shaped by experiences, culture, and media. Social Skills & Relationships - Practise respectful communication and active listening.<br>Recognise and challenge stereotypes that affect self-esteem or relationships. Understand the impact of bullying and exclusion, both online and offline.<br>Develop empathy by exploring others' perspectives and feelings. Physical Health & Lifestyle Choices. Plan balanced meals and understand nutritional needs. Recognise the importance of sleep, exercise, and hygiene. Understand the effects of legal and illegal substances. |                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Key Learning Points</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>Powerful Knowledge</b>                                                                                                                                                                                                                                                                                                                                                                             |
| Developing independence for protecting myself in the sun.<br>Understanding the relationship between stress and relaxation.<br>Considering calories and food groups to plan healthy meals.<br>Developing greater responsibility for ensuring good quality sleep.<br>Taking responsibility for my own feelings.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | To understand the risks of sun exposure.<br>To know that relaxation stretches can help us to relax and de-stress.<br>To know that calories are the unit that we use to measure the amount of energy certain foods give us.<br>To know that what we do before bed can affect our sleep quality.<br>To understand what can cause stress.<br>To understand that failure is an important part of success. |
| <b>Subject-Specific Vocabulary</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>Reading Opportunities</b>                                                                                                                                                                                                                                                                                                                                                                          |
| fail<br>goal                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Ruby's Worry by Tom Percival which has a theme to help manage anxiety and emotions.                                                                                                                                                                                                                                                                                                                   |

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| <p>protect<br/>relaxation<br/>responsibility</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <p>The Boy at the Back of the Class highlights empathy and inclusion.<br/>How Do Dinosaurs Get Well Soon? Reflects health habits and recovery.<br/>Cloud Busting by Malorie Blackman delves into bullying and emotional resilience.<br/>Goodnight Everyone by Chris Haughton looks at the importance of sleep.<br/>The Children's Book of First Aid Skills highlights general safety and self-care.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <p><b>Possible Misconceptions</b></p> <p>Being healthy just means doing exercise - health includes sleep, nutrition, hygiene, mental wellbeing, and emotional safety.<br/>You can tell how healthy someone is just by looking - health isn't always visible—mental and physical wellbeing vary for everyone.<br/>Only unhealthy food tastes good - many nutritious foods are delicious—taste and health aren't opposites.<br/>Mental health means something is wrong with you - mental health is part of everyday life—everyone experiences emotional ups and downs.<br/>Sleep isn't that important if you eat well - sleep is essential for growth, concentration, and emotional regulation.<br/>Failure means you're not good at something - failure is a learning opportunity—it helps build resilience and confidence.<br/>Sun safety only matters on holiday - UV exposure can harm skin even on cloudy days—daily protection matters.<br/>Legal substances like caffeine or energy drinks are always safe - legal doesn't mean harmless—misuse can affect health and behaviour.</p> | <p><b>Cross-Curricular Links</b></p> <p>Physical education<br/>Pupils should be taught to - develop flexibility, strength, technique, control and balance.<br/>English<br/>Pupils should be taught to - participate in discussions, presentations, performances, role play, improvisations and debates<br/>plan their writing by - identifying the audience for and purpose of the writing, selecting the appropriate form and using other similar writing as models for their own.<br/>draft and write by:<br/>in narratives, describing settings, characters and atmosphere and integrating dialogue to convey character and advance the action.<br/>See National curriculum - English key stages 1 to 2.<br/>Mathematics<br/>Pupils should be taught to - solve number problems and practical problems add and subtract whole numbers with more than 4 digits, including using formal written methods (columnar addition and subtraction).<br/>Science<br/>Pupils should be taught to - recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function.</p> |