

### You will know

- The importance of getting a good night's sleep and changes in sleep patterns as you get older.
- The harmful effects of smoking and vaping on the body.
- The benefits of physical activity on body (physical health) and mind (mental health) .
- What is meant by the term 'mental health'
- That we can look after our mental as well as our physical health.
- Our emotions can be affected if we go through challenging or difficult times in our life, or if we go through changes.
- Emotions can sometimes be conflicting—you can feel several emotions at the same time.
- Emotions can be communicated without with or without words; feelings have a physical effect on our

### You will know how to

- Develop a bedtime routine that improves your sleep.
- Identify skills and strategies needed to resist any pressure to smoke.
- Find ways to be physically active throughout the day.
- Seek support and advice about physical activity.
- Explain everyday behaviours that can help us to look after our mental health.
- Explain how emotions can change over time.
- Identify our 'personal support network' that we can rely on during difficult times.
- Demonstrate a range of strategies to help you manage strong feelings such as anger.



## PSHE

### Year 5

## Spring Term

# Health and Wellbeing

### Vocabulary

Word	Definition
Respiratory	Relating to breathing or the breathing system e.g. lungs.
Addiction	Dependence on a harmful thing or substance.
Nicotine	A toxic, addictive chemical found in tobacco.
Aerobic	Aerobic exercise increases respiration and heart rate.
Hostility	A strong feeling of hatred or anger towards a person or group.
Annoyance	A feeling of mild anger or impatience.

Can you describe a good bedtime routine? Why is this important?

What opportunities are there to be physically active through the day? What are the benefits of this?

Who are your 'personal support network' that you could rely on if you were experiencing challenging emotions?