



## Holy Family Halewood

Year 5 and 6 – Personal Development  
Theme: Health and Wellbeing  
Topic: Physical Health and Mental Wellbeing



### Learning Objectives

- how sleep contributes to a healthy lifestyle
- healthy sleep strategies and how to maintain them
- about the benefits of being outdoors and in the sun for physical and mental health
- how to manage risk in relation to sun exposure, including skin damage and heat stroke
- how medicines can contribute to health and how allergies can be managed
- that some diseases can be prevented by vaccinations and immunisations
- that bacteria and viruses can affect health
- how they can prevent the spread of bacteria and viruses with everyday hygiene routines
- to recognise the shared responsibility of keeping a clean environment
- about the importance of a healthy, balanced diet and regular physical exercise
- how to recognise physical changes in their body that could be linked to illness and how to seek advice when they are concerned

### Who can help me?

A trusted adult at home or at school.

The school nurse

My GP (local doctor)

NHS Website

<https://www.nhs.uk/change4life/activities>

### Key Vocabulary

**Sun exposure** – having skin that is open to the sun's rays without protection.

**Vaccination** – A medical preparation that protects a person from an illness by making them immune

**Bacteria** – very tiny, one-celled organisms which need nutrition from their environment. Sometimes, these nutrients are from the human body.

**Virus** – very small particles that can infect animals and plants and make them sick

**Fungi** – is a germ that lives in warm, dark, damp places. Example of a condition caused by fungi is Athlete's Foot, which is where your feet become all flaky and itchy.

**Immune** – Protected from an illness, either because a person has had the illness before or because they have received a vaccine.

