

National Statutory Requirements (DFE Statutory Guidance on Health Education and Relationship Education)

- about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing
- the characteristics and mental and physical benefits of an active lifestyle
- the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise
- the risks associated with an inactive lifestyle (including obesity)
- how and when to seek support including which adults to speak to in school if they are worried about their health
- about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer

Series of Lessons

- Understand the importance of regular, physical activity.
- Maintain a balanced lifestyle.
- Stay safe in the sun and reduce the risk of sun burn, heat stroke and skin cancer.

Unit Outcome

In this unit of work, pupils learn:

- about the benefits of exercise to mental and physical health
- about risks associated with an inactive lifestyle
- to identify opportunities for physical activity
- about the benefits of the internet and the importance of balancing time online with other activities
- how to stay safe in the sun and reduce the risk of sun burn, heat stroke and skin cancer

PSHE



Keeping Active – Year 5

Progression of Skills (PSHE ASSOCIATION PROGRAMME OF STUDY 2020)

- H1. how to make informed decisions about health
- H2. about the elements of a balanced, healthy lifestyle
- H3. about choices that support a healthy lifestyle, and recognise what might influence these
- H7. how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle
- H12. about the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer
- H13. about the benefits of the internet; the importance of balancing time online with other activities; strategies for managing time online
- H16. about strategies and behaviours that support mental health — including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing
- H38. how to predict, assess and manage risk in different situations

R&R and Herne Harmony Values

Article 15, Article 31

Motivation, Independence, Enjoyment

Vocabulary

active, aerobic, activity, aspiration, balance, bones, breath, barrier, benefit, cancer, challenge, confidence, coordination, exercise, feelings, healthy, heat stroke, habits, inactive, immune system lifestyle, mood, mental, melanin mind, mobility, muscles, physical, UV Rays, serotonin social, strengthen, Sunscreen, Sun protection, weight,

Resources

Flipcharts
Worksheets on system, Baseline Assessments, Resources on system.