

Year 5 and 6: Health and Wellbeing

Subject Specific Vocabulary

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| Physical health | Is the condition of your body, critical for overall wellbeing and can be affected by lifestyle e.g. diet, exercise. |
| Mental health | The wellbeing of a person, how we think, feel and behave. |
| Emotions | A strong feeling, from a person's mood, circumstances or relationship with others. |
| Mindfulness | Being aware of something, accepting your feelings, thoughts and bodily sensations, used as a therapeutic technique. |
| Growth mindset | To believe that your basic abilities can be developed through dedication and hard work. |
| Emotional health | Being aware of your emotions, being in control of your thoughts, feelings and behaviour. |
| Peer pressure | Influence from your friends. |
| Consequences | A result or effect, typically one that is unwelcome or unpleasant. |
| Balanced lifestyle | A healthy balance between work, time spent at home, eating healthily and personal pursuits. |

How can we keep healthy as we grow?



Interesting Books



What I will learn by the end of this topic:

- How positive friendships and being involved in activities such as clubs and community groups support wellbeing.
- How to recognise early signs of physical or mental ill-health and what to do about this, including people to speak to in and outside school.
- That anyone can experience mental ill-health and to discuss concerns with a trusted adult.
- That mental health difficulties can usually be resolved or managed with the right strategies and support

Previous Learning

- I understand how regular physical activity benefits bodies and feelings.
- I know how to be active on a daily and weekly basis - how to balance time online with other activities.
- I understand how the lack of physical activity can affect health and wellbeing.
- I know how lack of sleep can affect the body and mood and simple routines that support good quality sleep.
- I'm aware how to seek support in relation to physical activity, sleep and rest and who to talk to if they are worried.

