



<b>PSHE</b>	<b>Health Education</b>	<b>Year 5</b>	<b>Spring 2</b>
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## Key Knowledge

Healthy choices	<ul style="list-style-type: none"> <li>• There are many different choices we can make in our lives to ensure that we keep ourselves as healthy as possible. These include: eating a balanced diet, not smoking, getting enough sleep, exercising regularly and spending time in nature</li> </ul>
Medicines	<ul style="list-style-type: none"> <li>• When used correctly, medicines support our health and wellbeing</li> <li>• Medicine can help manage illnesses and allergies</li> <li>• Some illnesses or conditions require a person to take regular medications e.g. asthma and diabetes</li> <li>• Other illnesses or conditions just need medications to be taken when symptoms appear e.g. allergies, pains and infections</li> </ul>
Immunisations	<ul style="list-style-type: none"> <li>• Immunisations and vaccinations can to stop a disease from spreading</li> </ul>
Drugs	<ul style="list-style-type: none"> <li>• Medicines, when taken as instructed, are a form of legal drug</li> <li>• There are other drugs that are illegal to own, use or give to others</li> <li>• All use of drugs carries a risk to the person taking them and people can become addicted to them</li> </ul>
Resisting pressure	<ul style="list-style-type: none"> <li>• There are lots of reasons why people might try taking a drug</li> <li>• It is important to resist the pressure from others to try it. There are different strategies people can use:               <ul style="list-style-type: none"> <li>• Confidently saying “no”</li> <li>• Repeat “no” and move away</li> <li>• Explain your reasons</li> <li>• Explain the risks</li> <li>• Suggest something else to do</li> <li>• Leave the situation</li> <li>• Report to an adult.</li> </ul> </li> </ul>

## Statutory requirements

Pupils should know:

- 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.
- how and when to seek support including which adults to speak to in school if they are worried about their health.
- the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.
- the facts and science relating to allergies, immunisation and vaccination.

## Key vocabulary

Spelling	Definition
Medicine	A drug or remedy that may be prescribed by a health professional or purchased over the counter.
Health condition	A disease, illness or injury a person has
Immune	Protected from an illness, either because a person has had the illness before or because they have received a vaccine.
Prescribe	When a doctor suggests a medicine you should take
EpiPen	A type of injector that gives someone a dose of medicine to help them when they are having an allergic reaction to something
Allergies	When the body reacts to certain things such as pollen, animals, foods or insect bites. Allergic reactions might include breathing problems, skin rashes, swelling, or itching.
Diabetes	A disease that affects how the body uses glucose (a type of sugar)
Insulin	A hormone that lowers the level of glucose in the blood
Illegal	Against the law or rules