

# P.S.H.E

## Autumn 1 Year 5

Personal, Social, Health and Economic (PSHE) helps pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. It helps children to stay healthy and safe, understanding their relationships, academic, personal and social lives in a positive way.

<u>Self and Relationships</u>	<u>Respecting Others</u>	<u>Healthy lifestyles</u>	<u>Keeping Safe</u>	<u>The World Around Us</u>
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**Healthy lifestyles:**  
*Exercise for physical and mental health*

- H5. About what good physical health means; how to recognise early signs of physical illness.
- 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.
- H14. How and when to seek support, including which adults to speak to in and outside school, if they are worried about their health.
- H15. That mental health, just like physical health, is part of daily life; the importance of taking care of mental health.
- 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.

**British Value:**  
Democracy

<b><u>Key Vocabulary</u></b>		
wellbeing	health	benefits
physical	exercise	class charter

**Pupil Reflection:**

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