

Physical Health 3

Core Concepts

Mental Health and Wellbeing RP4

Key Vocabulary

Emotions-

Emotionless

Depressed

Negative thoughts

Mental health

Positive

Energy

Stages

Stage 1 – Discuss the different emotions a person can feel

Stage 2- debate the emotions we go through depending on the scenario

Stage 3- practice different strategies for mental wellbeing including mindfulness colouring, yoga, fitness and breathing techniques

Stage 4- to explore how mental wellbeing can be a part of daily life by creating a daily routine

Unit Outcome

To use a range of vocabulary to describe different emotions people experience in different situations.

To demonstrate that mental wellbeing is a normal part of daily life (just as physical health).

Enquiry Questions

Are there any groups that support mental wellbeing of children?

What time of the day is the best to focus on mental wellbeing?

How do you know if your mental wellbeing isn't very good?

Useful Resources

<https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/>

<https://youngminds.org.uk/>

Key Facts

Summer 1 Part B-

Street Safety

A visit should be organized by the assistant head from Street Safety and each class should take part in the drama workshop.

Online Relationships 3

Core Concepts

Respectful Relationships Including Online RP3

Safety RP1

Key Vocabulary

Data

Anonymous

Breach of privacy

Respectful

Stranger

Stages

Stage 1 – Discuss how data is shared online without our consent amongst people and amongst companies

Stage 2- Research the Data Protection Act

Stage 3- Talk about how relationships are the same and different to those online.

Stage 4- Debate the risks associated with having friends or people online we have never met.

Unit Outcome

To be aware of how information and data is shared and used online.

To demonstrate they know the principles for online relationships are the same as face to face relationships in particular being respectful when we are anonymous.

To know the risks associated with people/friends they have never met online.

Enquiry Questions

1. Can you think of a time when you feel like your interests have been shared on the internet without your knowledge?
2. Why do you think people think they can act differently online?

Useful Resources

This website explains the Data Protection Act <https://www.bbc.co.uk/bitesize/guides/z9nk87h/revision/4>

Lessons available online for personal data <https://ico.org.uk/for-organisations/in-your-sector/education/resources-for-schools/primary-school-lesson-plans/>

PIXL> Character> E-Safety> Year 5 6> Session 9 and 10

Key Facts

Summer 2 Part B-

Water Safety 1

Safety RP1

Unit Outcome

To be able to swim 25metres or more.

Throughout the year, year 5/6 will take part in swimming lessons. Using the assessment from The Pods at the end of the swimming session, fill in RSHEPSE assessment in the safety swimming column.

