**Year 5 RHE Lesson Overview**

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| Lesson | Learning Objectives |
| 1 | **Keeping Healthy Introduction*** To know what ‘keeping healthy’ means
* To understand why keeping healthy is important
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| 2 | **Growing*** To understand how you change as you get older.
* To know that everyone changes and grows at a different rate.
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| 3 | **Changing*** To learn about the physical changes that happen to girls and boys during puberty.
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| 4 | **Feelings about growing and changing*** To learn about the emotional changes connected with puberty
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| 5 |   **Healthy Sleep habits*** + To learn why sleep is important for a healthy lifestyle
	+ To be able to describe bedtime routines that help improve sleep
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| 6 | **Looking after your Mental Health*** To learn about mental health; what it means and how we can take care of it
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| 7 |  **Exercise and Hobbles*** To understand the importance of keeping active and having hobbies, as part of a healthy lifestyle
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| 8 | **Healthy Eating*** To understand the importance of making good food choices for health and wellbeing
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| 9 | **Viruses and Bacteria*** To know how bacteria and viruses spread and that some can make us ill.
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| 10 | **Dangers of Smoking*** To know what is in a cigarette and an e-cigarette.
* To know what happens when a person smokes or vapes.
* To understand why people, smoke or vape
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