**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 |
| 2 | **Growing**   * To understand how you change as you get older. * To know that everyone changes and grows at a different rate. |
| 3 | **Changing**   * To learn about the physical changes that happen to girls and boys during puberty. |
| 4 | **Feelings about growing and changing**   * To learn about the emotional changes connected with puberty |
| 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 |
| 6 | **Looking after your Mental Health**   * To learn about mental health; what it means and how we can take care of it |
| 7 | **Exercise and Hobbles**   * To understand the importance of keeping active and having hobbies, as part of a healthy lifestyle |
| 8 | **Healthy Eating**   * To understand the importance of making good food choices for health and wellbeing |
| 9 | **Viruses and Bacteria**   * To know how bacteria and viruses spread and that some can make us ill. |
| 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 |