

## What I need to know: Y5 PSHE – Being my best

*We nurture the curiosity to learn, the courage to lead and the compassion to care.*

Name:

Class:

This half term we are learning about being our healthiest and best versions of ourselves

| What I will know...   | ✓ | Start                 | End                   |
|---|---|-----------------------|-----------------------|
| The importance of food, water and oxygen, sleep and exercise for a healthy human body |   | <input type="radio"/> | <input type="radio"/> |
| How to identify my own strengths and talents  |   | <input type="radio"/> | <input type="radio"/> |
| Which areas of myself need improvement and how I can do this                          |   | <input type="radio"/> | <input type="radio"/> |
| What is meant by community  |   | <input type="radio"/> | <input type="radio"/> |
| Which people are responsible for helping me stay healthy and safe                     |   | <input type="radio"/> | <input type="radio"/> |
| What 'star' qualities some celebrities have as portrayed by the media                 |   | <input type="radio"/> | <input type="radio"/> |
| That the way famous people are portrayed in the media isn't always always true        |   |                       |                       |
| How to make a clear detailed call to the emergency services if necessary              |   |                       |                       |
| Some basic first-aid, for dealing with common injuries, including head injuries       |   |                       |                       |

| Skills I may use...                           |   |
|---|---|
| <b>Remember:</b> name, identify, describe     | <b>Analyse:</b> investigate, infer, select, clarify |
| <b>Understand:</b> predict, recall, interpret | <b>Create:</b> plan, design, construct              |
| <b>Apply:</b> use, show, relate, demonstrate  | <b>Evaluate:</b> compare, assess, judge             |

| Vocabulary I need to know...                             |                                     |  |
|--|-------------------------------------|--|
| 1. I have heard the word, but I don't know what it means | 2. I understand what the word means | 3. I can explain what the word means and give other examples |
|  |                                     |  |

| Opportunities to support English and maths   |
|--|
| <ul style="list-style-type: none"> <li>Skim and scan texts to retrieve information or quotes quickly and accurately</li> <li>Summarise main ideas from more than one paragraph</li> <li>Make and justify inferences with appropriate evidence from the text</li> <li>Provide reasoned justifications for their views, quoting evidence from across a text</li> </ul> |

| Curriculum Links and Enrichment Activities                        |
|---|
| <ul style="list-style-type: none"> <li>Visit / visitor</li> </ul> |

**Respect**

**Responsibility**

**Reflection**

**Resilience**