

What I Need to Know: Y5 RSHE – Being my best self

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

Brief summary of topic: Developing an understanding of 'Being my best self.' Think carefully about self-development and how the media influences peoples viewpoints.



Create, Communicate & Evaluate

- Write a letter to your 50-year-old self (goals/milestones/achievements)



Question, Reason, Discuss & Explain

- Explain the importance of food, water, oxygen, sleep and exercise
- Identify and discuss personal strengths
- Explore strategies for self-development
- Understand and explain what community is
- Discuss qualities that the media associate with celebrities
- Discuss and understand that the way famous people are portrayed in the media isn't always true



Know & Do

- Know who is responsible for helping me stay healthy and safe
- Know how to alert the emergency services
- Know some basic first-aid, including action for head injuries

Vocabulary I need to know...

oxygen, sleep, exercise, personal strengths, self-development, community, qualities, media, celebrities, famous, responsible, healthy, safe, emergency services, first-aid, head injuries

Opportunities to support English and maths

- Skim and scan texts to retrieve information or quotes quickly and accurately
- Summarise main ideas from more than one paragraph
- Make and justify inferences with appropriate evidence from the text
- Provide reasoned justifications for their views, quoting evidence from across a text

Curriculum Links and Enrichment Activities

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