



**Topic: Growing & Changing
Keeping Safe – Emergencies & First Aid**

Year: 5

NC Strand: Health & Wellbeing

What should I already know?

- Medicines and legal drugs are given to you by a doctor
- If we are ill we may need to ask for advice from a pharmacist or doctor
- We are all unique - we have our own ideas and opinions
- Everyone deserves to be treated with respect, even if they are not our friend
- Everyone is different, people have different backgrounds, faiths, genders and sexual orientations
- People also have similarities. We may have the same likes and dislikes, the same values or aspirations
- When talking about our beliefs and ideas with others we should take care to speak respectfully and learn the correct vocabulary to express our thoughts

What will I know by the end of the unit?

- How to manage complex feelings
- Understand the intensity of feelings
- How to cope with change and transition
- Personal identity (ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)
- Gender identity and biological sex
- How to respond in an emergency situation
- How to deal with increased independence and responsibility
- Resisting pressure
- Knowing who is responsible for my health and safety
- Where to get help and advice

Vocabulary

Influences	The capacity to have an effect on the character, development or behaviour of someone
Opinions	Views or judgements formed about something or someone
Decisions	A conclusion or resolution reached after consideration
Situations	A set of circumstances in which someone may find themselves in
Feelings	Emotions
Expressing	Display a thought or a feeling in words or actions
Difference	A point or way in which people or things are not the same
Diversity	People coming from a range of different social and ethnic backgrounds and of different genders or sexual orientation
Inclusion	Being included in a group or community
Teamwork	Action of a group working together
First aid	Help given to a sick or injured person until medical treatment is available



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Being My Best

Learning is how we learn to do new things, and it is not always easy. To be at our best, we should try to live healthily, understand our bodies, and help ourselves and one another.

We should look to develop our 'star' personal qualities, e.g. being kind and considerate. We should also work together within our communities.

Our bodies are amazing and we need to look after them. There are many things that we need to do in order to keep our bodies fit and healthy, e.g. balanced diet, regular exercise, etc.

As we get older, we should aim to develop our independence and responsibility in order to become fully-functional adults in society. We should plan towards improving our own skillsets.



Being Safe and Healthy

Getting fit

A healthy, balanced diet - should include lots of fruit and vegetables (for vitamins and minerals), proteins (for muscle repair and growth) and carbohydrates (for energy). Diets should not include too many sugars or fats (small amounts are useful)

Regular exercise - including aerobic training (e.g. running, cycling) to strengthen the heart and lungs

Sleep - about 10-11 hours for primary-aged children. About 8 hours for adults.

Fresh air and water - fresh air helps keep our lungs and blood cells healthy. It is also good for our skin and our wellbeing. Water helps to keep our bodies hydrated.

Good hygiene and habits - it is important that we keep our bodies, hair and teeth clean. We should also avoid alcohol and cigarettes for good organ health.

Our Amazing Bodies

Our bodies have over 200 bones and over 600 muscles
Our bones protect our organs, support our body, create blood cells and store vitamins and minerals
Our muscles enable us to move



First Aid



This is the help and care that we can give to someone who is sick or injured, before full medical help arrives.

We should learn to spot dangers, so that there is less chance of accidents happening.

When we see that someone is badly hurt or sick, we should call 999 for the emergency services.

More about the expectations for children in the 'Emergency Action' section of the Red Cross 'Life. Live It' website:

<https://lifeliveit.redcross.org.uk/>



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Lesson Overview

Lesson 1: to learn about what influences our opinions and decision-making

Lesson 2: to learn how expressing my feelings can help me manage them

Lesson 3: to recognise the strengths and benefits that different types of people bring to teams, groups and communities / to celebrate diversity and equality

Lesson 4: to understand what first aid is

Lesson 5: to learn first aid skills