

# HEALTH AND WELL-BEING

## YEAR 5

### **Healthy lifestyles**

To identify what positively and negatively affects health and wellbeing.

To be able to make informed choices about the benefits of a balanced diet.

To know about the different influences on food.

### **Growing and changing**

To recognise what they are good at and be able to set goals by realising their aspirations.

To recognise the intensity of feelings and being able to manage complex feelings.

To develop strategies for coping with change, transition including bereavement and grief.

### **Keeping safe**

To continue to develop strategies for managing personal safety in the local environment.

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To develop knowledge about online safety, including sharing images.

To understand how to use mobile phones responsibly.

**Key vocabulary:** Positive, negative, health, wellbeing, balanced diet, goals, targets, feelings, aspirations strategies, transition, bereavement, grief, personal safety, local environment, online safety, sharing images, responsibility