



Mossfield Primary School Knowledge Organiser



Year 5– **Health and Wellbeing**— This unit teaches children about physical and mental health. It includes food choices, physical activity, balanced lifestyles, drugs and alcohol education, first aid, sleep, dental health and more. It teaches them to keep healthy and safe while equipping them to help others. Through each unit the children also complete lessons from the KIVA (anti-bullying programme) and lessons from the No Outsiders in Our School programme which teaches children about the characteristics protected by the Equality Act.

Key Learning

To learn about goal setting and the importance of having high aspirations and how to help others feel valued.



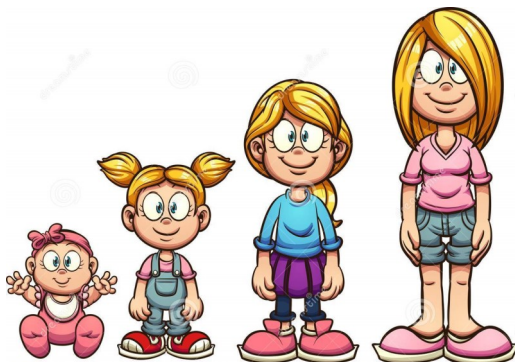
To learn about the consequences of bullying.



To understand about bereavement and the process of grieving and how change also involves loss.



To learn about puberty, body changes and how puberty leads to adolescence.



To understand that female genital mutilation is physical abuse and is a crime. To know how to get support if they have fears for themselves or their peers.



Key Vocabulary

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| Aspirations | A strong desire to achieve something. |
| Valued | The worth, importance, or usefulness of something. |
| Bereavement | Child <i>bereavement</i> occurs when <i>a child</i> loses someone of importance in their life. |
| Grieving | Grief is a reaction to loss, but it's also the name we give to the process of coping with the loss of someone who has died. |
| Puberty | This the time when your body begins to develop and change as you move from child to adult. |
| Female genital mutilation | When a female's genitals are deliberately altered or removed for non-medical reasons. |