



RSHE: Physical Health

Year 5: Spring 1

Key Vocabulary

body image	A person's perception of their physical self and the thoughts and feelings, positive, negative or both.
self esteem	Having confidence in your own worth or abilities; self-respect.
unrealistic	Not seeing something as it really is.
expectations	A strong belief that something will happen or be the case.
insecurity	An uncertainty or anxiety about yourself; lack of confidence.
oral hygiene	The practice of keeping your mouth clean and free of disease and other problems.
flossing	To clean between your teeth with dental floss.
tooth decay	Tooth decay is damage to a tooth caused by dental plaque turning sugars into acid.
plaque	A sticky coating on your teeth, which bacteria can grow on.

Website Links

<https://www.bbc.co.uk/bitesize/clips/zw3jxsg>

Concepts

Safety - the condition of being safe; freedom from danger, risk, or injury. These include being physically and emotionally safe, as well as online safety.

Key Questions

- ❖ Is there such a thing as the perfect body?
- ❖ What pressure do changes in fashion put on people?
- ❖ Why might beauty product manufacturers benefit from making you feel insecure?
- ❖ How can I stay fit and healthy?
- ❖ What is the difference between sugar and other carbohydrates?
- ❖ Why should we be careful about how much sugar we eat?
- ❖ What things can have a negative impact on your health?
- ❖ What is your top tip for getting better sleep?