

# Year 5 PSHE Knowledge Organiser Autumn 1 – Families and Relationships



## Key Vocabulary

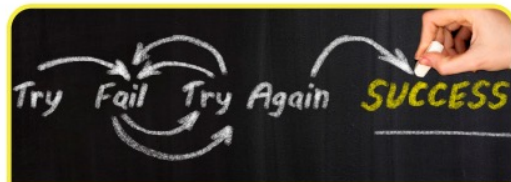
<b>Fail</b>	To be unsuccessful in achieving one's goal.
<b>Protect</b>	To keep safe from harm or injury.
<b>Responsibility</b>	Having a duty to deal with something and being accountable.
<b>Steps</b>	Goals can be broken down into 'smaller steps', these are like smaller goals set to achieve one big goal.
<b>Goal</b>	An aim someone tries to achieve.

## Key Knowledge

- Relaxation helps our health and mental wellbeing. It can also help our resilience.
- Yoga is a form of meditation that can have a positive effect on the body and mind.
- Exhausted means that you are so tired you could probably fall asleep anywhere, like working in the classroom, at breakfast or in the evening relaxing on the sofa.
- 7-12 year olds should have 10-11 hours of sleep per night.
- Although failure is an integral part of success it can feel uncomfortable.
- There are several ways to get through problems and show resilience including 'trial and error'.
- Goals are achievements people aim for in a certain period of time.
- It is important to break goals down into steps, for example people training for a marathon wouldn't attempt to run the 26 miles without training. They would start with a much shorter run, then set themselves goals by gradually increasing the distance.
- Sometimes we may need to explain to others' how their actions have made us feel so that they are aware when they have upset us. It is important to do this respectfully.
- Standing up for our own interests in a respectful way is called being assertive. When being assertive, it is important to be confident, clear, honest and stick to the message you want to give.
- Risks associated with sun include sunburn, sunstroke, dehydration.
- Moderate amounts of sunshine is good for us, it boosts the happiness hormone in our brain called serotonin so improves our mood. We also get vitamin D from the sun which our bodies need for healthy bone growth and boosts our immune system, which helps us to fight off illness.



Establish good habits for sleeping.



Remember: "If at first you don't succeed, try, try and try again".



There are things we can do to look after our mental health, such as yoga.



Having goals can help us achieve things and we will sometimes need to break these down into steps.