




# Year 5: Physical and Mental Health

Subject Specific Vocabulary		Physical Health	Important knowledge about physical and mental health
<b>bacteria</b>	A germ that can be seen under a microscope.	 <p><b>Take care in the sun</b></p> <p>STAY IN THE SHADE BETWEEN 11AM &amp; 3PM</p> <p>COVER UP</p> <p>WEAR SUNGLASSES WITH 100% UV PROTECTION</p> <p>WEAR A BROAD-BRIM HAT</p> <p>USE SUN PROTECTION WITH AT LEAST SPF 15 AND UVA 4 STARS</p> <p>Cancer Focus, HSE Public Health Agency, U.K. 111</p>	<input type="checkbox"/> I know that sleep is important. <input type="checkbox"/> I know how to have a good night's sleep.
<b>virus</b>	Tiny particles that cause disease.		
<b>vaccination</b>	An injection that helps to protect from diseases.		
<b>disease</b>	To be sick.		
<b>immunise</b>	To be protected from diseases.		
<b>heat stroke</b>	When your body overheats and you come ill.	 <p><b>How do germs spread?</b></p> <p>Direct Contact: Coming into contact with saliva, mucous, blood, or feces containing germs.</p> <p>Indirect Contact: Coming into contact with areas that have been contaminated by germs.</p> <p>Vector-borne: Being bitten by a tick or a mosquito carrying a disease-causing agent.</p> <p>Foodborne: Eating food contaminated with germs.</p> <p>Waterborne: Drinking or coming into contact with contaminated water.</p>	<input type="checkbox"/> I know that the sun can damage skin and cause heat stroke. <input type="checkbox"/> I know how the correct use of medicines, and how vaccinations and immunisation can help you to be healthy.
<b>hygiene</b>	To practise cleanliness.		
<b>respite</b>	To rest.		
<b>disciplined</b>	To be in control and hard working.		
<b>lethargic</b>	Feeling tired.		
			 <p><b>Tips for Improving Sleep</b></p> <p>Out drinking after dinner</p> <p>Get moving</p> <p>Dim the lights at night</p> <p>Reduce long daytime naps</p> <p>Keep cool</p> <p>Stop the caffeine</p> <p>Understand chronic health issues</p>