




Year 5: Physical and Mental Health

Subject Specific Vocabulary		Health	Important Knowledge
bacteria	A germ that can be seen under a microscope.	 <p>Take care in the sun</p> <p>STAY IN THE SHADE BETWEEN 11AM & 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 HSC Public Health Agency I AM FREE</p> <p>How do germs spread?</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>  <p>Tips for Improving Sleep</p> <p>Quit 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>	<input type="checkbox"/> I know that sleep is important.
virus	Tiny particles that cause disease.		<input type="checkbox"/> I know how to have a good night's sleep.
vaccination	An injection that helps to protect from diseases.		<input type="checkbox"/> I know that the sun can damage skin and cause heat stroke.
disease	To be sick.		<input type="checkbox"/> I know how the correct use of medicines, and how vaccinations and immunisation can help you to be healthy.
immunise	To be protected from diseases.		<input type="checkbox"/> I know that bacteria and viruses can affect health.
heat stroke	When your body overheats and you come ill.		<input type="checkbox"/> I can prevent the spread of bacteria and viruses with everyday hygiene routines.
hygiene	To practise cleanliness.		<input type="checkbox"/> I can recognise the shared responsibility of keeping a clean environment.
respite	To rest.		
disciplined	To be in control and hard working.		
lethargic	Feeling tired.		