



Jerry Clay Academy  
Subject Unit Overview

Subject: PHSE Year Group: 5 Term: Autumn 1

**Core Learning of This Unit: Keeping Safe and Staying Healthy**

- Drug, alcohol and tobacco education.
- Ways to manage peer pressure
- Strategies to keep ourselves and others safe.

1decision modules: Keeping/Staying Healthy Alcohol Y6, Smoking Y5 and Peer Pressure Y5.

**Prior Learning:**

Health and well-being:  
H1-H22, H37, H38, H39,  
H40-H42, H44,

Relationships:  
R1, R6, R8, R9, R18, R22,  
R24, R26, R28,

Living in the wider world:  
L1, L4,

Road safety, leaning out of  
windows, tying shoelaces,  
staying safe, cycle safety –  
Keeping/staying safe.

Healthy eating, brushing  
teeth, washing hands,  
medicine, healthy living –  
Keeping/ staying healthy.

**National Curriculum  
Statements:**

Health and Well-being  
H1-H22

H37, H38, H39, H40,  
H46, H47, H48, H49, H50

Relationships

R9, R10, R11, R14, R15,  
R18, R28, R33, R34

Living in the wider world

L1, L4

**Key Vocabulary:**

- **Habit** – A practice that is hard to give up.
- **Addiction** – The need for and use of a habit-forming substance.
- **Substance** – It is a matter which has specific properties.
- **Classification** – The grouping together of similar species such as plants, animals, fungi and bacteria.
- **Restricted** – Something that has limits.
- **Misuse** – Use it in correctly, carelessly or dishonestly.
- **Peer Pressure**
- **Respiratory**
- **Cardiovascular**
- **Legal**

**Significant People**

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