Class   5   Spring 2   Unit Title: Personal Hygiene

Sequence of Learning				
How does good hand hygiene help to prevent the spread of bacteria, infection or viruses?	What physical changes might I experience during puberty?	How can physical changes impact upon my personal hygiene routines?	How can positive hygiene routines and self- care make me feel?	Who could I ask or where could I seek support if I am feeling unsure about any changes to my body or my hygiene routines?

Vocabulary	Intended outcomes:	Previous Learning: KS1 learning on simple hygiene rules and how to prevent germs from spreading
Puberty **Habits** **Hygiene** **Personal hygiene** **Routines** **Infection** **Bacteria** **Viruses** **Physical** **Responsibility** **Independence** **Self care** **Transition**	Children will learn: How to recognise that habits can have both positive and negative effects on a healthy lifestyle About what good physical health means; how to recognise early signs of physical illness That bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it. About how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene About where to get more information, help and advice about growing and changing, especially about puberty About the new opportunities and responsibilities that increasing independence may bring	Preparing for: Changes they may be encountering physically and how these may impact their hygiene routines. Year 6 unit of study into bacteria and viruses. Big Talk discussion around physical changes and Year 5 Science Unit about growing and changing Bespoke to our school: Reducing the spread of germs to reduce anxieties surrounding the spread of Covid 19 and to combat low attendance across the school. Supporting children in having self-confidence and a confident and independent approach to self-management and care is integral to our whole school vision.

Resources/ actions

Big Talk resources