

Assessment for PSHCE

Year 5 - Basic First Aid



How do I stay healthy?

Learning Objectives	Self	Teacher Assessment	
	√√√	Towards	Expected
I can recognise the early signs of physical ill health.			
I understand how bacteria and viruses are spread and treated.			
I know about safe and unsafe sun exposure and how to reduce the risk of sun damage and skin cancer.			
I know how to make a clear and efficient call to emergency services if necessary.			
I understand the basic science between vaccinations and immunisations.			
I know the basics of first aid for dealing with common injuries.			
I understand the facts and science behind allergies.			
Higher Standard	Self	Teacher Assessment	
I know how to deal with common head injuries.			

Useful Vocabulary

allergies
bacteria
emergency services
first aid
head injuries

immunisations
injuries
physical health
skin cancer
sun damage

sun exposure
vaccinations
virus