

Year 6 Sleep

National Curriculum objectives

Pupils learn about choices that support a healthy lifestyle, and recognise what might influence these.
Pupils learn about how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn

Key Learning

- To review what pupils have learnt about sleep and learn how puberty might affect sleep. To research some more unusual facts about sleep.

Equipment and Resources

- [Sleep Benefit Poster](#) - print this and display as a memory prompt for pupils.
- [Rules of Healthy Sleep Poster](#) - print this and display as a memory prompt for pupils.
- [Sleep Stages Poster](#) - print this and display as a memory prompt for pupils.
- Access to the internet or to non-fiction books about sleep.
- Materials for pupils to present their ideas on; either computers or coloured paper, post-its, pens etc.

Key Vocabulary

Circadian rhythm: The 24 hour cycle apparent in plants and animals that regulates hormone production, cell regeneration, sleeping and feeding patterns.

Insomnia: Is when you have a problem with getting to sleep, staying asleep or waking up too early.

Puberty: The time when your body begins to develop and change as you move from kid to adult. During puberty, your body will grow faster than at any other time in your life, except for when you were a baby.

Sleep disorders: Problems with the quality, timing, and amount of sleep, which result in daytime distress and impairment in functioning.

Sleep routine: Activities you do every day before going to sleep. Things that help you to calm down before bedtime.

Key Questions

Why do we need sleep?

What are the stages of sleep?

What is insomnia and what are some ways to deal with it?

What things would help you to get better sleep?

Safety

- Carry out sessions in a quiet, safe area so that pupils can focus on their thoughts with minimal distraction