

## Year 5 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 find out about the stages of sleep and review the importance of sleep.

### Key Vocabulary

**Night terror:** A night terror is different from a nightmare. The person might shout or scream and they are likely to not recognise a person comforting them. They will fall back into sleep and won't remember the night terror in the morning.

**Paralysis:** When your body becomes very still and unable to move. This happens during the R.E.M. sleep stage.

**REM Sleep:** R.E.M. stands for rapid eye movement. This stage in the sleep cycle is when your body is very still but your eyes move back and forth very quickly beneath your eyelids. This is when you dream.

**Sleep stages:** There are 5 stages to our sleep starting with Light sleep, Slightly deeper sleep, slow wave sleep, deep sleep and R.E.M. sleep. These stages repeat throughout the night about every 90 minutes as you sleep.

### Equipment and Resources

- [Sleep Benefit Poster](#) - for display on the board
- [Rules of Healthy Sleep Poster](#): for display on the board
- [Sleep Stages Poster](#): for display on the board
- Materials to create a game - paper, cards, pens and scissors and glue.
- [Game Suggestions Sheet](#)

### Key Questions

Why do we need sleep?

What are the stages of sleep?

When are you most likely to dream?

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