



### PSHE & RSHE: Year 6

*What are the aims and intentions of this curriculum?*

That by the end of Year 6 children will:

- Learn: to resolve conflict, through negotiation and compromise; about respect, understanding that everyone deserves to be respected and about grief
- Learn about diet, oral hygiene, physical activity and the facts around immunisation. Exploring rest and relaxation and how they affect physical and mental health. Develop strategies for being resilient in challenging situations and planning for long-term goals.
- Learn about: the reliability of online information, the changes experienced during puberty, the risks associated with alcohol and how to administer first aid to someone who is choking or unresponsive.
- Learn about: human rights, food choices and the environment, caring for others, recognising discrimination, valuing diversity and national democracy.
- Explore choices related to navigating feelings about money, keeping money safe, managing finances in secondary school, understanding the risks of gambling, considering careers in various workplaces, and identifying the paths to pursue different careers.
- Explore the theme of personal identity and body image
- Prepare for the transition to secondary school, including exploring any worries or anxieties pupils may have

Term	Topic	Key Learning	Vocabulary
Autumn	<b>Families and relationships</b>	<ul style="list-style-type: none"><li>• Understand that everyone can expect a level of respect but this can be lost.</li><li>• Understand what respect is and how they should be respected.</li><li>• Understand how stereotypes influence our ideas and opinions.</li><li>• Understand a range of stereotypes and share this information effectively.</li><li>• Create a resolution guide that includes strategies to manage conflicts and describes situations where conflict is likely to arise.</li><li>• Understand the term grief and describe some of the associated emotions.</li></ul>	authority conflict earn expectation grief grieving resolve respect stereotype
Autumn/ Spring	<b>Health and well-being</b>	<ul style="list-style-type: none"><li>• Describe qualities or values they want to develop and create achievable goals.</li><li>• Describe the importance of relaxation and suggest different strategies.</li><li>• Describe how they take care of their physical wellbeing.</li></ul>	antibodies growth mindset habit



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		<ul style="list-style-type: none"> <li>• Understand that technology can have an impact on physical and mental health and know some strategies they can use to overcome this.</li> <li>• Describe what resilience is, why it is important and some useful resilience strategies.</li> <li>• Understand how vaccination works and why it is important to individuals.</li> <li>• Understand that habits can be good or bad for health.</li> <li>• Understand that changes in their body could indicate illness and know what to do if they notice them.</li> </ul>	qualities responsibility skill vaccination
Spring	<b>Safety and the Changing Body</b>	<ul style="list-style-type: none"> <li>• Understand some of the reasons adults decide to drink or not drink alcohol.</li> <li>• Understand some ways to check that a news story is real.</li> <li>• Understand how they should behave online and the impact negativity can have.</li> <li>• Understand of changes that take place during puberty.</li> <li>• Recognise when someone is choking; administer first aid to a casualty that is choking; and seek medical help if required for a choking casualty.</li> <li>• Conduct a primary survey; place a casualty who is unresponsive and breathing normally into the recovery position; and identify when it is necessary for CPR to be given.</li> </ul>	(Y5 body parts revision) Alcohol Cyberbullying Internet trolling, Menstruation/period
Spring/ Summer	<b>Citizenship</b>	<ul style="list-style-type: none"> <li>• Understand that education is a human right and why education is important.</li> <li>• Understand some environmental issues relating to food and food production.</li> <li>• Understand the importance of caring for others and that we all have a responsibility to care for things and people around us.</li> <li>• Understand what prejudice and discrimination are and why and how they should be challenged.</li> <li>• Understand the value of diversity in society, including significant individuals.</li> <li>• Understand the roles and responsibilities of people in government.</li> </ul>	Authority Conflict Earn Expectation Grief Grieving Protected characteristics Resolve Respect Stereotype
Summer	<b>Economic Well-being</b>	<ul style="list-style-type: none"> <li>• Understand feelings about money and the impact they can have.</li> <li>• Explain how to safeguard money in both digital and physical environments.</li> <li>• Know the money changes when moving to secondary school.</li> <li>• Understand the risks of gambling.</li> <li>• Explain how careers function in different settings and what roles and responsibilities come with them.</li> <li>• Explore different career routes and their requirements.</li> </ul>	earnings expenses gambling responsibilities risks safeguard university workplace



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	<b>Identity</b>	<ul style="list-style-type: none"><li>• Understand the factors which make up identity.</li><li>• Understand that images can be manipulated by the professional media but also by individuals and that they are not realistic.</li></ul>	Change Identity Images Manipulation Media
	<b>Transition</b>	<ul style="list-style-type: none"><li>• Understand that change can bring opportunity but also worry</li><li>• Explain some ways I can deal with change</li><li>• Explain some strategies I can use if I feel stressed or anxious</li></ul>	Change, Worry, Stress, Anxious, Opportunity