

PSHE

Year 6 – Autumn 1

Health and Wellbeing

In this unit of work, pupils learn...

- How mental and physical health are linked.
- How positive friendships and being involved in activities such as clubs and community groups support wellbeing.
- That health problems, including mental health problems, can build up if they are not recognised, managed, or if help is not sought early on.
- That anyone can experience mental ill-health and to discuss concerns with a trusted adult.
- That mental health difficulties can usually be resolved or managed with the right strategies and support.

PSHE

Year 6 – Autumn 2

Health and Wellbeing

In this unit of work, pupils learn...

- How to make choices that support a healthy, balanced lifestyle including:
 - » how to plan a healthy meal
 - » how to stay physically active
 - » how to maintain good dental health, including oral hygiene, food and drink choices
 - » how to benefit from and stay safe in the sun
 - » how and why to balance time spent online with other activities
 - » how sleep contributes to a healthy lifestyle; the effects of poor sleep; strategies that support good quality sleep
 - » how to manage the influence of friends and family on health choices
- That habits can be healthy or unhealthy; strategies to help change or break an unhealthy habit or take up a new healthy one.
- How legal and illegal drugs (legal and illegal) can affect health and how to manage situations involving them.

Living in the wider world

In this unit of work, pupils learn...

- How the media, including online experiences, can affect people's wellbeing – their thoughts, feelings and actions.
- That not everything should be shared online or social media and that there are rules about this, including the distribution of images.
- That mixed messages in the media exist (including about health, the news and different groups of people) and that these can influence opinions and decisions.
- How text and images can be manipulated or invented; strategies to recognise this.
- To evaluate how reliable different types of online content and media are, e.g. videos, blogs, news, reviews, adverts.
- To recognise unsafe or suspicious content online and what to do about it.
- How information is ranked, selected, targeted to meet the interests of individuals and groups, and can be used to influence them.

PSHE

Year 6 – Spring 2

Living in the wider world

In this unit of work, pupils learn...

- How to make decisions about the content they view online or in the media and know if it is appropriate for their age range.
- How to respond to and if necessary, report information viewed online which is upsetting, frightening or untrue.
- To recognise the risks involved in gambling related activities, what might influence somebody to gamble and the impact it might have.
- To discuss and debate what influences people's decisions, taking into consideration different viewpoints.

PSHE

Year 6 – Summer

Relationships

In this unit of work, pupils learn...

SUMMER WORKSHOP: Separate planning with *Saskia Boujo*

- That people have different kinds of relationships in their lives, including romantic or intimate relationships.
- That people who are attracted to and love each other can be of any gender, ethnicity or faith; the way couples care for one another.
- That adults can choose to be part of a committed relationship or not, including marriage or civil partnership.
- That marriage should be wanted equally by both people and that forcing someone to marry against their will is a crime.
- How puberty relates to growing from childhood to adulthood, including menstruation and menstrual wellbeing, erections and wet dreams.
- About the reproductive organs and process - how babies are conceived and born and how they need to be cared for.
- How growing up and becoming more independent comes with increased opportunities and responsibilities.
- How friendships may change as they grow and how to manage this
- How to manage change, including moving to secondary school; how to ask for support or where to seek further information and advice regarding growing up and changing.