

Year 6 PSHE Programme of Study – Autumn Term

	Autumn Term
Being Safe	<p>Children will learn:</p> <ul style="list-style-type: none"> • To know some basic emergency first aid for common injuries. • To know how to keep safe online. • To be able to name some risks of being online. • To be able to explain ways to keep safe at home or away from the home. <p>Text: <i>#Goldilocks</i> by Jeanne Willis Visitor: Flat Stan First Aid Workshop</p>
Bullying Matters	<p>Children will learn:</p> <ul style="list-style-type: none"> • To suggest strategies to respond to hurtful behaviour. • To recognise the impact of bullying and the consequences of hurtful behaviour. • What discrimination means and how to challenge it. • To be able to explain a range of strategies for preventing, challenging and responding to bullying. • To feel confident in how to log and report cyberbullying. <p>Texts: <i>The Island</i> by Armin Greder</p>

Year 6 PSHE Programme of Study – Spring Term

	Spring Term
Healthy Me	<p>Children will learn:</p> <ul style="list-style-type: none"> • That eating a balanced diet is an important part of keeping me healthy • That looking after mental health and wellbeing contributes towards keeping healthy. • Why habits are hard to change. • What positively and negatively affects my physical, mental and emotional health.
Relationships	<p>Children will learn:</p> <ul style="list-style-type: none"> • What a healthy friendship should look like and how to navigate an unhealthy one. • That there are different family structures.

Year 6 PSHE Programme of Study – Summer Term

	Summer Term
Being Me	<p>Children will learn:</p> <ul style="list-style-type: none">• To know what makes them special.• To understand the importance of not being discriminatory.• To explore diversity and the benefits of living in a diverse community. <p>Text: <i>Marlon Bundo</i> by Jill Twiss</p>
Changing Me	<p>Children will learn:</p> <ul style="list-style-type: none">• To be able to use a varied vocabulary when talking about feelings.• To be able to suggest and identify strategies for dealing with emotions, challenges and change.
Money Matters	<p>Children will learn:</p> <ul style="list-style-type: none">• To understand the responsibility of making spending decisions.• To recognise that people make spending decisions based on needs and wants.• To identify some of the skills that may help me in my future career. <p>Ahead of transition to Year 7, children will also have a lesson recapping the fundamentals of safe and unsafe touch.</p> <p>Children will learn:</p> <ul style="list-style-type: none">• To identify when physical contact feels unsafe and describe how to ask for help.