

Year 6 PSHE Programme of Study – Autumn Term

	Autumn Term
Relationships Education	<p>Safe Speak – NSPCC Assembly - <i>Do I understand personal boundaries? Can I identify what I am willing to share with my most special people; friends; classmates and others? Do I understand that we all have rights to privacy? Can I judge what kind of physical contact is acceptable or unacceptable and how to respond? Do I understand the concept of 'keeping something confidential or secret', when I should or should not agree to this and when it is right to 'break a confidence' or 'share a secret'?</i></p> <p>Keeping Healthy - <i>Do I understand that bacteria and viruses can affect health and that following simple routines can reduce their spread? (Science Lesson)</i></p> <p>Stereotypes - <i>Can I recognise and challenge stereotypes? Prompt for discussion – Common Stereotypes</i> (“blondes are not smart,” “Muslims are terrorists,” “boys who skateboard cause trouble,” “people who are fat are lazy,” “girls can’t throw balls,” “people who are homeless take drugs.”)</p> <p>Listening to Others’ Views - <i>Can I listen to and respond respectfully to a wide range of people, feel confident to raise my concerns, recognise and respect others’ feelings and understand and, if necessary, constructively challenge others’ points of view? Prompts for discussion – WWII Topic Lessons on The Holocaust and the Atomic Bomb</i></p> <p>Dares - <i>Can I recognise and manage ‘dares’?</i></p> <p>Remembrance - Citizenship focus</p> <p>Anti-Bullying - <i>Do I know how to recognise bullying and abuse in all its forms? Prompt for discussion – Annual Anti-Bullying Week theme</i></p> <p>Human Rights - <i>Do I understand that there are basic human rights shared by all peoples and all societies and that children have their own special rights set out in the United Nations Declaration of the Rights of the Child? Prompt for discussion – Book: For Every Child</i></p>
Physical Health and Mental Wellbeing	<p>Physical, Mental & Emotional Health - <i>Do I understand what positively and negatively affects me physical, mental and emotional health?</i></p> <p>Managing Feelings - <i>Can I deepen my understanding of good and not so good feelings, extend my vocabulary to enable me to explain both the range and intensity of my feelings to others? Can I recognise that I may experience conflicting emotions and when I might need to listen to, or overcome these?</i></p>

Year 6 PSHE Programme of Study – Spring Term

	Spring Term
Relationships Education	<p>Alright Charlie – Safeguarding/Grooming - <i>Can I recognise ways in which a relationship can be unhealthy and who to talk to if I need support? Taught by Mrs Trimbee, Designated Safeguarding Lead (trained to deliver this programme)</i></p> <p>People Living in Other Places – Comic/Sport Relief - Citizenship focus</p>
Physical Health and Mental Wellbeing	<p>Managing Money - <i>Do I understand the role that money plays in my own and others' lives, including how to manage money? Can I develop an initial understanding of the concepts of 'interest', 'loan', 'debt' and 'tax'?</i></p> <p>Reliability Online - <i>Can I explore and critique how the media present information? Can I critically examine what is presented to me on social media and why it is important to do so?</i></p> <p>Drugs – <i>Do I know which, why and how, commonly available substances and drugs (including alcohol, tobacco and 'energy drinks') can damage my immediate and future health and safety; that some are restricted and some are illegal to own, use and give to others? Can I recognise when I need help and to develop the skills to ask for help; to use basic techniques for resisting pressure to do something dangerous, unhealthy, that makes me uncomfortable or anxious or that I think is wrong?</i></p> <p>Fire Safety – <i>Do I know strategies for keeping physically and emotionally safe including road safety and safety in the environment (including rail, water and fire safety)?</i></p> <p>First Aid - <i>Do I know basic emergency First Aid?</i></p>

Year 6 PSHE Programme of Study – Summer Term

	Summer Term
Relationships Education	<p>Online Safety Strategies - <i>Do I understand how to manage requests, what is safe to share and who to talk to if I feel uncomfortable online?</i></p>
Physical Health and Mental Wellbeing	<p>Puberty and the Changing Adolescent Body - <i>Do I understand about menstrual wellbeing, including the key facts about the menstrual cycle? Do I know key facts about puberty and the changing adolescent body, including physical and emotional changes? Taught in single sex groups.</i></p> <p>Mobile Phones - <i>Do I understand the need for responsible use of mobile phones?</i></p> <p>Online Safety Strategies - <i>Do I know strategies for keeping safe online?</i></p> <p>Sun Safe Assembly - <i>Do I understand about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer?</i></p> <p>Healthy Eating – <i>Can I recognise opportunities and develop the skills to make my own choices about food, understanding what might influence my choices and the benefits of eating a balanced diet? Do I understand what positively and negatively affects my physical health?</i></p> <p>Sleep – <i>Can I explain why sleep is important for a healthy lifestyle?</i></p>