

Year 6 – PSHE Curriculum Map

AUTUMN	Relationships	<u>VIP's:</u> This unit entitled VIPs (Very Important Persons) will focus on relationships. Children will identify who their VIPs are within their families and friendship groups and how important kindness and respect are within these relationships. This unit addresses conflicts and resolutions in relationships. The children will also look at secrets and dares as well as healthy and unhealthy relationships.
		• Create a list to show different ways we can care for our VIPs; • Show a calming technique on a poster; • Discuss how a disagreement could either be avoided or handled; • Write and explain what to do when feeling pressured; • Identify and discuss which secrets are OK to keep and which need to be shared; • Identify healthy and unhealthy relationships.
	Living in the Wider World	<u>One World:</u> This unit is based on the concept that we all have a responsibility to live as global citizens. It is inspired by the idea that we all have a responsibility to help the environment and all living things throughout the world through the choices that we make. It aims to enable the children to explore the ideas of sustainability, the use of the earth's natural resources and the harmful effects of global warming. In this unit, children also learn about the steps they can take to reduce these harmful effects.
		• Explain how to be a responsible global citizen; • Describe what can be done to help prevent global warming from getting worse; • Explain how energy use can be changed to help the environment; • Detail the responsible use of water; • Understand the importance of biodiversity; • Describe the impact of their choices for people and places across the world.
SPRING	Living in the Wider World	<u>Respecting Rights:</u> This unit is based on the concept that we can all make choices to live as rights-respecting citizens. It is inspired by human rights being shared by all people – no matter who they are or where they are from – and that these rights are there to protect all people, enabling them to live happy, safe and healthy lives. This unit helps children to understand that no one can take away their rights. It also aims to help children to explore the ideas of equality and discrimination and the consequences of both. In this unit, children learn about how they can make the right choices and take actions with respect to the rights of others.
		• Explain what the Universal Declaration of Human Rights is; • Describe why children have their own rights; • Identify that human rights take precedence over national law and cultural and family traditions and practices; • Give reasons as to why people's rights are not always met; • Identify how we can be rights-respecting citizens; • Describe how some ideas about human rights have changed; • Share their thoughts on how human rights activists have changed the world.
	Health and Wellbeing	<u>Think Positive:</u> This unit is designed to help children further develop their understanding about thoughts and emotions, both positive and negative. The lessons centre around themes such as the links between our thoughts, feelings and emotions; making good choices; mindfulness and applying a growth mindset approach to life.

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		• Describe how their thoughts, feelings and behaviours can influence others; • Explain the range and intensity of their feelings to others; • Name some strategies to deal with unhelpful thoughts; • Know how to make an informed choice; • Appreciate how making good choices can make us happy; • Understand how mindfulness techniques can be used in everyday life; • Describe the difference between growth mind set and fixed mind set; • Identify strategies for facing challenges.
SUMMER		<u>Safety First:</u> In this unit of work, children will consider what it means to take responsibility for their own safety, including the decisions they make and how they can stand up to peer pressure in a range of situations. They will assess the risk associated with different situations and learn about what to do if they feel in danger. They will also learn about how to identify an emergency, what to do in this situation and how to get help when needed. Children will look at e-Safety in detail, including social media, considering what should never be shared and how to report concerns with incidents online.
	Health and Wellbeing	• Appreciate what being responsible means; • Assess a situation for the level of risk; • Appreciate that something risky may lead to danger; • Identify people who can help us in an emergency; • Know how to use mobile devices and the Internet responsibly; • Understand why certain information should never be shared online; • Explain what the right to privacy means; • Explain what CEOP is and how to use it.
	Relationships	<u>Growing Up:</u> This topic builds on children’s knowledge of how we grow and change, both physically and emotionally and the types of relationships that people have. Children will learn about sexual relationships and sexually transmitted diseases. They will also learn about positive body images and stereotypes. • Explain how to look after their bodies during puberty; • Name some ways to cope with new or difficult emotions; • Describe some of the ways in which the media fuels the notion of a ‘perfect body’; • Describe the different types of loving relationships; • Explain the laws around sexual relationships; • Explain what contraception is, how it is used and what it is used for; • Use of a range of key vocabulary when discussing sex, gender and sexual orientation; • Understand and use scientific vocabulary for discussing how babies are made and how they are born; • Describe the process from conception to birth.

Right to withdraw

Parents **do not** have the right to withdraw their child from the statutory components of Relationship Education; however, they do have the right to withdraw their child from the non-statutory/non-science components of Sex Education within PSHE.

Sex education lessons which can be withdrawn from are marked on the curriculum map with a star.

The lessons children can be withdrawn from in Year 6 are as follows:

Growing Up – Let's Talk About Sex.

Growing Up – Human Reproduction.

Before you consider withdrawing your child from any non-statutory PSHE and RSE lessons, please consider speaking to your child's class teacher, the PSHE lead or a member of SLT.

More information on non-statutory lessons can be provided upon request. Thank you.