



Year 6			
Introductions		Setting ground rules for PSHE	
Family and Relationships	Lesson 1	Respect	To understand what we mean by respect and why it is important.
	Lesson 2	Respectful relationships	To understand that respect is two-way and how we treat others is how we can expect to be treated.
	Lesson 3	Stereotyping: Attitudes	To explore other people's attitudes and ideas and to begin to challenge these.
	Lesson 4	Challenging stereotypes	To understand stereotypes and be able to share information on them.
	Lesson 5	Resolving conflict	To resolve disputes and conflict through negotiation and compromise.
	Lesson 6	Change and loss	To begin to understand the process and emotions relating to grief.
Health and Wellbeing	Lesson 1	What can I be?	To identify long term goals and how to work towards them.
	Lesson 2	Relaxation: mindfulness	To use mindfulness to manage emotions.
	Lesson 3	Taking responsibility for my health	To understand and plan for a healthy lifestyle.
	Lesson 4	The impact of technology on health	To understand the potential impact of technology on physical and mental health.
	Lesson 5	Resilience toolbox	To reflect on skills they have developed to identify and respond to difficult situations.
	Lesson 6	Immunisation	To understand ways that we help prevent ourselves and others from becoming ill.
	Lesson 7	Good and bad habits	To understand how habits can be good or bad for our health.
	Lesson 8	Physical health concerns	To understand what happened when we are ill and begin to understand when to seek support.



Year 6			
Safety and the changing body	Lesson 1	Alcohol	To understand the risks of alcohol.
	Lesson 2	Critical digital consumers	To become a discerning consumer of information online.
	Lesson 3	Social media	To understand that online friendships should be treated in the same way as face to face relationships.
	Lesson 4	Physical and emotional changes of puberty	To understand the changes that happen during puberty.
	Lesson 5	Conception (parents have the right to withdraw their child from part of this lesson)	To understand the biology of conception.
	Lesson 6	Pregnancy and birth (parents have the right to withdraw their child from part of this lesson)	To understand the development of the baby during pregnancy.
	Lesson 7	First Aid: Choking	To understand how to help someone who is choking.
	Lesson 8	First Aid: Basic life support	To understand how to help someone who is unresponsive.
Citizenship	Lesson 1	Human rights	To understand human rights, including the right to education.
	Lesson 2	Food choices and the environment	To understand some environmental issues relating to food and food production.
	Lesson 3	Caring for others	To understand how to show care and concern for others.
	Lesson 4	Prejudice and discrimination	To recognise prejudice and discrimination and learn how this can be challenged.
	Lesson 5	Valuing diversity	To understand diversity and the value different people bring to a community.



Year 6			
	Lesson 6	National democracy	To begin to understand how a government works.
Economic Wellbeing	Lesson 1	Navigating feelings about money	To identify feelings around money and discuss their impact.
	Lesson 2	Keeping money safe	To recognise how to safeguard money digital physical environments.
	Lesson 3	Imagining our financial future	To identify how money-related matters develop at secondary school.
	Lesson 4	The risks of gambling	To recognise the risks of gambling.
	Lesson 5	Workplace environments	To explore how different careers operate in a workplace.
	Lesson 6	Career routes	To explore different career routes and their requirements.
Transition lesson			Helping pupils prepare for the transition to secondary school, including exploring any worries anxieties they may have.