



PSHE & SRE CURRICULUM PLANNING **YEAR 6**

AUTUMN

How can we keep healthy as we grow?

SRE OBJECTIVE	LEARNING THEMES
<p>MENTAL WELLBEING</p> <ul style="list-style-type: none"> • It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough <p>DRUGS, ALCOHOL & TOBACCO</p> <ul style="list-style-type: none"> • The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking <p>PHYSICAL HEALTH AND FITNESS</p> <ul style="list-style-type: none"> • How and when to seek support including which adults to speak to in school if they are worried about their health <p>HEALTH AND PREVENTION</p> <ul style="list-style-type: none"> • How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body <p>HEALTHY EATING</p> <ul style="list-style-type: none"> • The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health) 	<ul style="list-style-type: none"> • How mental and physical health are linked • How positive friendships and being involved in activities such as clubs and community groups support wellbeing • How to make choices that support a healthy, balanced lifestyle including: <ul style="list-style-type: none"> ◦ <i>How to plan a healthy meal</i> ◦ <i>How to stay physically active</i> ◦ <i>How to maintain good dental health, including oral hygiene, food and drink choices</i> ◦ <i>How to benefit from and stay safe in the sun</i> ◦ <i>How and why to balance time spent online with other activities</i> ◦ <i>How sleep contributes to a healthy lifestyle; the effects of poor sleep; strategies that support good quality sleep</i> ◦ <i>How to manage the influence of friends and family on health choices</i> • 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 • How to recognise early signs of physical or mental ill-health and what to do about this, including whom to speak to in and outside school • 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 & SRE CURRICULUM PLANNING YEAR 6

SPRING

How can the media influence people?

PSHE OBJECTIVE	LEARNING THEMES
<p>Living the wider world</p> <p>Media literacy and digital resilience; influences and decision-making; online safety</p>	<ul style="list-style-type: none"> • 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 • 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

SUMMER

What will change as we become more independent?

SRE OBJECTIVE	LEARNING THEMES
<p>Respectful relationships</p> <ul style="list-style-type: none"> • What a stereotype is, and how stereotypes can be unfair, negative or destructive 	<ul style="list-style-type: none"> • 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