

Year 6 PSHE Curriculum Requirements -

Focus Area	PSHE Knowledge/Skills Targets	Suggested curriculum links/topic ideas/activities/assessment opportunities/key questions	Suggested Resources	Key vocabulary
Being Me in My world	<ul style="list-style-type: none"> • I understand my fears and worries about the future and know how to express them. • I know that there are universal rights for all children but for many these rights are not met. • I know that my actions affect people locally and globally. • I can make choices about my own behaviour because I understand how rewards and consequences feel. • I can understand how an individual's behaviour can impact on a group. • I know how democracy benefits the school. 	<p>What are your own wants and needs? Can you compare these to children in different communities? How do your actions affect others? How does Bythams School benefit from democracy?</p>	<p>Jigsaw – Being Me in My World Ages 10-11 Puzzle 1</p>	<p>universal rights communities responsibilities cocoa plantation comparison empathy opportunities</p>
Celebrating Difference	<ul style="list-style-type: none"> • I know that there are different perceptions as to what normal means? • I know that being different could affect someone's life. • I know that there are ways that one person or a group could have power over another. • I know some of the reasons why people bully others. • I know people with disabilities who lead amazing lives. • I know ways in which difference can cause conflict. • I know ways in which difference can be a source of celebration. 	<p>What is 'normal'? How could being different affect someone's life? How could one person or a group have power over another? Why do some people bully others? How can differences cause conflict? How can differences be a source of celebration?</p>	<p>Jigsaw – Celebrating Difference Ages 10-11 Puzzle 2</p>	<p>perceptions power disability disabled conflict celebration</p>
Dreams and Goals	<ul style="list-style-type: none"> • I know my learning strengths and can set challenging but realistic goals for myself. 	<p>Can you set challenging but realistic goals for yourself?</p>	<p>Jigsaw –</p>	<p>realistic challenging</p>

	<ul style="list-style-type: none"> • I know the learning steps I need to reach my goal. • I know how to motivate myself to work on these. • I can identify problems in the world that concern me. • I know how to work with others to make the world a better place. • I know what some people in Badgers Class like/admire about me and I can accept their praise. 	<p>What problems in the world concern you? How can you work with others to make the world a better place? What do people in Badgers Class like/admire about you?</p>	<p>Dreams & Goals Ages 10-11 Puzzle 3</p>	<p>motivate learning steps admire</p>
Healthy Me	<ul style="list-style-type: none"> • I know how to take responsibility for my health. • I know what choices benefit my health and well-being. • I know about different types of drugs and their uses and their effects on the body particularly the liver and heart. • I know that some people can be exploited and made to do things that are against the law. • I know why some people join gangs and the risks this involves. • I know what it means to be emotionally well. • I know what stress is and the triggers that cause this. • I know that stress can cause drug and alcohol misuse. 	<p>What choices benefit your health and well-being? What do you know about different types of drugs and their uses? What are their effects on the body? Why do some people join gangs? What are the risks of joining a gang? What are people's attitudes to mental illness? What are the triggers of stress? What strategies can you use to manage stress?</p>	<p>Jigsaw – Healthy Me Ages 10-11 Puzzle 4</p>	<p>Well-being benefit exploitation gangs risks emotionally well mental illness mental health triggers stress</p>
Relationships	<ul style="list-style-type: none"> • I know that it is important to take care of my mental health. • I know how to take care of my mental health. • I know that there are different stages of grief. • I know that there are different types of loss that cause grief. • I know when people are trying to gain power or control. 	<p>Why is it important to take care of your mental health? How can you take care of your mental health? What are the different stages of grief? How can you judge if something online is safe?</p>	<p>Jigsaw – Relationships Ages 10-11 Puzzle 5</p>	<p>mental health grief loss power control</p>

	<ul style="list-style-type: none"> • I know how to judge if something online is safe for me. • I know how to use technology positively and safely to communicate with friends and family. 	How can you use technology positively to communicate?		
Changing Me	<ul style="list-style-type: none"> • I am aware of my own body image. • I know how a girl's body changes during puberty. • I know how a boy's body changes during puberty. • I now why it is important to look after yourself physically and emotionally. • I know how a baby develops from conception through the nine months. • I know how a baby is born. • I know that being physically attracted to someone changes the nature of the relationship. • I know the importance of positive self-esteem. • I know what I can do to develop my self-esteem. • I know what I am looking forward to and what worries me about the move to secondary school. 	<p>How does a baby develop in the womb? How is a baby born? Why is it important to have a positive self-esteem?</p>	Jigsaw – Changing me Ages 10-11 Puzzle 6	body image self esteem self-image puberty sperm egg/ovum internal external reproduction reproductive menstruation periods uterus/womb penis testicles vagina stereotypes sex sexual intercourse fertilise conception