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|  | PSHE Learning Coverage Document – Year 6 | | | | | |
| Y 6 | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **How can we keep healthy as we grow?** | **How can we keep healthy as we grow? (2)** | **How can the media influence people?** | **How can we ourselves and others keep safe?** | **How do friendships change as we grow?** | **What will change as we become more independent?** |
| **Pupils learn how to make choices that support a healthy balanced lifestyle.**  **Pupils learn how to plan a healthy meal.**  **Pupils learn how to maintain good dental health, including oral hygiene, food and drink choices.**  PSHE Association – Health Education lessons & resources – KS2  PSHE Association – Dental Health lessons & resources – KS2 | Pupils learn about how feelings and emotions are affected and can be managed at changing, and challenging or difficult times.  PSHE Association Y5-6 Mental Health Lesson 2 | Pupils learn to consider the impact of news stories on feelings and emotions.  Pupils learn how the media –including online experiences, can affect people’s wellbeing – their thoughts, feelings and actions.  Pupils learn to identify fake news and its consequences.  Pupils learn to understand that online news is targeted to the reader.  NewsWise Lessons  (Guardian Foundation) | Pupils learn about the impact of bullying, including offline and online, and the consequences of hurtful behavior.  Pupils learn about the impact of bullying, including offline and online, and the consequences of hurtful behavior.  Every Mind Matters - Bullying and Cyberbullying Y6 lesson plan  1decision: Looking out for others | **Pupils learn that people have different kinds of relationships in their lives, including romantic or intimate relationships.**  **Pupils learn what constitutes a positive, healthy relationship.**  Pupils learn how friendships may change as they go and how to manage this.  RSE Medway Y6 Lesson 3 – Positive and Healthy Relationships | **Pupils learn more about the changes that happen at puberty and how puberty relates to growing from childhood to adulthood.**  Pupils learn about managing change and new roles and responsibilities as they grow up.  RSE Medway Y6 Lessons 1 and 2  1decision – Growing/Changing - puberty |
| **Pupils learn how to make choices that support a healthy balanced lifestyle.**  **Pupils learn how to stay physically active.**  Pupils learn how and why to balance time spent online with other activities.  Pupils learn that habits can be healthy or unhealthy; Pupils learn strategies to help change or break an unhealthy habit or take up a new healthy one.  **Pupils learn how sleep contributes to a healthy lifestyle; the effects of poor sleep; strategies that support good quality sleep.**  PSHE Association – Health Education lessons & resources – KS2  PSHE Association – The Sleep Factor (KS2)  Every Mind Matters – Sleep – Year 6 lesson plan | Pupils learn how positive friendships and being involved in activities such as clubs and community groups support wellbeing. | Pupils learn how to make decisions about the content they view online or in the media and know if it is appropriate for their age range.  Pupils learn how to respond to and if necessary, report information viewed online which is upsetting, frightening or untrue.  BBFC – Let’s watch a film – making choices about what to watch  Rising Stars 6.1: We are online safety ambassadors | Pupils learn how to predict, assess and manage risk in different situations and strategies for keeping safe in the local environment or unfamiliar places (…road…)  1decision: cycle safety | Pupils learn that there is a normal range of emotions … and scale of emotions that all humans experience in relation to different experiences and situations.  Pupils learn where and how to seek support.  Every Mind Matters – What to do about worry – Y6 lesson (link to friendships) | Pupils will learn about adult relationships and the human life cycle. Pupils will learn about human reproduction (how a baby is made and how it grows)  Pupils will learn that there are ways to prevent a baby being made.  RSE Medway Lesson 4  1 decision: Growing/Changing - conception |
| Pupils learn about mental health; what it means and how we take care of it.  Pupils learn how mental and physical health are linked.  Pupils learn about strategies and behaviours that support mental health.  PSHE Association Y5-6 Mental Health Lesson 1  Every Mind Matters – Physical and Mental Wellbeing Year 6 Lesson Plan | To recognize there are human rights, that are there to protect everyone  Equality Book: Dreams of Freedom ( Human Rights) | Pupils learn the impact that online content can have on a person’s wellbeing and consider the positives and negatives of social media.  Pupils learn that not everything should be shared online or on social media and that there are rules about this, including the distribution of images.  Every Mind Matters – Social Media  Rising Stars: Unit 6.2 We will not share inappropriate images | Pupils learn to examine feelings around being out and about in the local area.  Pupils learn to explore stereotypes.  Pupils begin to identify risks and risky behavior.  Pupils learn to explore the possible consequences of anti-social behavior.  Pupils explore ways of resisting peer pressure.  Islington - Keeping Safe Out and About | Pupils learn 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.  Pupils learn that adults can choose to be part of a committed relationship or not, including marriage or civil partnership.  Pupils learn that marriage should be wanted equally by both people and that forcing someone to marry against their will is a crime.  Equality Book: And Tango Makes Three  1decision: Relationships | Pupils will learn how to manage change, including moving to secondary school; how to ask for support or where to seek further information and advice regarding growing up and changing.  PSHE Association Y5-6 Mental Health Lesson 3 – Feelings and Common Anxieties when transitioning to Secondary School.  Every Mind Matters – Transition to Secondary School. |