

PSHE Progression Overview – Year 6

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic		New beginnings/ Feeling good feeling safe	Getting on and falling out (Anti Bullying)	Keeping safe (Environmental safety and drug education)	Good to be me	Relationships	SRE
Subject		HW/R/Economic wellbeing, Living in the wider word.	Relationships/ Economic Living in the wider world.	Health and wellbeing	Health and wellbeing	Relationships/Living in the wider world	Health and wellbeing
Week 1	Can I	Can I understand my new responsibilities in school and my classroom?	Can I develop strategies to resolve disputes and conflict through negotiation and appropriate compromise and to give rich and constructive feedback and support to benefit others as well as themselves?	Can I explore my feelings and attitudes towards Drugs, Alcohol and Tobacco?	Can I explore mental health?	Can I create coping strategies? Resilience Determination Focus Reflect Distracting the mind, systematic relaxation procedures. SATS	Can I express what I know about the changes at puberty for most girls and most boys? Can I express how I feel about puberty?
	Activity	Class discussion of school rules and expectations	Anti-bullying pack	Drugs and Alcohol ppt Lesson 1	Mental health and wellbeing ppt Lesson 1	Mindfulness	SRE PPT Lesson 1
Week 2	Can I	Can I start to learn how to channel and manage my anxiety and stress?	Can I realise the nature and consequences of discrimination, teasing, bullying and aggressive	Can I tell you about the risks and effects of legal and illegal drugs (cannabis)?	Can I explore how people cope with their ups and downs as part of their mental health?	Can I create coping strategies? Resilience Determination Focus	Can I talk about what body image is?

			behaviours (including cyber bullying, use of prejudice-based language, and towards all minority groups (including gay lesbian, bisexual and transgender and those suffering from poor mental health), and how to respond to them and ask for help?			Reflect Distracting the mind, systematic relaxation procedures. <u>SATS</u>	Can I talk about how images in the media affect how we feel about ourselves?
	Activity	Anxiety PPT	Anti-bullying pack	Drugs and Alcohol ppt Lesson 2	Mental health and wellbeing ppt Lesson 2 (May take 2 sessions)		SRE PPT Lesson 2
Week 3	Can I	Can I understand that people don't show their feelings for a number of different reasons?	Can I develop the skills to recognise and challenge inequality, prejudice, stereotyping and injustice including bullying, racism, sexism, disablism, homophobia, biphobia and transphobia?	Can I resist peer pressure concerning drugs? Can I tell you when I might need to get help from a range of support services?	Can I explain my understanding of anxiety and how I manage it?	Can I create coping strategies? Resilience Determination Focus Reflect Distracting the mind, systematic relaxation procedures. <u>SATS</u>	Can I talk about when friendships feel positive online and face to face? Can I say how I can stay safe online?
	Activity	Feeling good feeling safe PPT Lesson 1	Anti-bullying pack	Drugs and Alcohol ppt Lesson 3	Mental health and wellbeing ppt Lesson 3 (may take 2 sessions)		SRE PPT Lesson 3
Week 4	Can I	Can I understand the difference between safe and unsafe risks and how to	Can I recognise that my actions effect myself and others?	Can I reflect on and celebrate my achievements, identify my strengths, areas for	Can I show how I can grow my attitude of gratitude?	Can I explore stereotypes in the workplace and that a person's career aspirations	How can I stay safe online?

		<p>handle them?</p> <p>Can I understand why it is important to 'risk on purpose?</p>		improvement, set high aspirations and goals?		<p>should not be limited by them?</p>	<p>Can I express what is safe to share online?</p> <p>Can I express how I can find out information about growing up safely?</p>
	Activity	<p>Feeling good feeling safe PPT Lesson 2</p>	Anti-bullying pack		Mental health and wellbeing ppt Lesson 4 (May take 2 sessions)	<p>Where possible Visit from people within industry Circle times exploring different jobs</p>	SRE PPT Lesson 4
Week 5	Can I	<p>Can I recognise when I need to ask and receive permission for some types of touch?</p> <p>I know when physical contact is unwanted and I know ways of resisting it</p>	Can I recognise and demonstrate my knowledge of mean moment, banter and bullying?	<p><i>Gaps left so lessons can be split in half if necessary and delivered slower if the time is needed.</i></p>	Can I explore that people's spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics, or giving to charity)? Can I recognise that people make spending decisions based on priorities, needs and wants?	Can I talk about what might influence people's decisions about a job or career (e.g. personal interests and values, family connections to certain trades or businesses, strengths and qualities, ways in which stereotypical assumptions can deter people from aspiring to certain jobs)?	<p>Can I explain how do human babies start?</p> <p>Can I learn how are human babies born?</p>
	Activity	<p>Feeling good feeling safe PPT Lesson 3</p>	Anti-bullying pack		Money PPT	<p>Where possible Visit from people within industry Circle times exploring different jobs</p>	SRE PPT Lesson 5
Week 6	Can I	<p>Can I recognise safe and unsafe people and places in the community?</p> <p>Can I understand that some people are</p>	Can I raise my awareness of different types of relationship, including those between friends and families civil partnerships and marriage?	<p><i>Gaps left so lessons can be split in half if necessary and delivered slower if the time is needed.</i></p>	Can I talk about risks associated with money (e.g. money can be won, lost or stolen) and ways of keeping money safe? Can I talk about the risks involved in	<p><i>Space has been left as lessons may move due to in class assemblies and current events.</i></p>	Can I express my feelings about change?

		more appropriate to talk to than others depending on the situation and what the issue is?			gambling; different ways money can be won or lost through gambling-related activities and their impact on health, wellbeing and future aspirations?		
	Activity	Feeling good feeling safe PPT Lesson 4	LGBTQ Lesson pack		Money PPT Bank advisors to visit		Class discussion – starting a new school
Week 7	Can I	Can I find strategies for keeping physically and emotionally safe including road safety, safety in the environment and safety online (including social media, the responsible use of ICT and mobile phones)? Can I demonstrate importance of protecting personal information, including passwords, addresses and images? Can I recognise when and how and who to ask for help (including outside organisations)?	Can I realise the consequences of anti-social and aggressive behaviours such as bullying and discrimination on individuals and communities?	Can I understand the possible routes to different careers and be able to set goals towards these aspirations? Can I start to enterprise and the skills that make someone ‘enterprising’	<i>Space has been left as lessons may move due to in class assemblies and current events.</i>	<i>Space has been left as lessons may move due to in class assemblies and current events.</i>	<i>Space has been left as lessons may move due to in class assemblies and current events.</i>
	Skills & Knowledge	Internet safety lessons	LGBTQ Lesson pack	Future career goals class discussion What jobs are their ppt			