**Year 6 PSHE Scheme of Work (24/25)**

**Is it Time For A Mindfulness / Self-Esteem Session?**

**Don’t Forget The Various Starter Ideas**

Learning objective/question in Green

Possible Activities and other notes in Red

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| **Relationships** | **Health and Wellbeing** | **Living in the Wider World** |
| ***Unit 1 VIPs In Our Life***  **A New Start Year 6: Our Trusted 5 and Review of Zones of Regulation**  Who are the people we turn to at Edwinstree? Who are the people we turn to at home?  Trusted 5 Hand.  Zones of Regulation Poster  Zones of Regulation Calming Techniques  ***(Optional)***  **A Letter To Your Future Self**  **A New Start Year 6: Our Trusted 5**  **and Review of Zones of Regulation**  Who are the people we turn to at Edwinstree? Who are the people we turn to at home?  Trusted 5 Hand.  Zones of Regulation Poster  Zones of Regulation Calming Techniques  ***(Optional)***  **A Letter To Your Future Self**  **People We Love**  I can explain how VIPs who love and care for each other should treat each other.  Self Talk – loving ourselves.  Loving cards.  How can I show love each day.  **Think Before You Act**  I can identify different ways to calm down when I am feeling angry or upset.  Calming Techniques  Link to Zones of Regulation Calming Techniques  Scenario cards  **It’s OK to Disagree**  I understand that people have different opinions that should be respected.  Disagreements activity sheet  Resolution techniques  **You Decide**  I can identify negative influences on my behaviour and suggest ways that I can resist these influences.  Handling peer pressure scenarios  Take action – what to do when when under pressure  **Secrets**  I can explain when it is right to keep a secret, when it is not and who to talk to about this.  Telling secrets – which are ok to keep?  **False Friends**  I can recognise healthy and unhealthy relationships.  Signs of an unhealthy friendship  Risky friendships/relationships | ***Unit 2 Digital Wellbeing***  **My Digital Life**  I can identify the benefits of the Internet and know how to look after my digital wellbeing  Healthy digital life poster  Internet Usage cards – sort into positive & negative  **Staying Safe, Healthy and Happy Online**  I know how to stay safe, healthy and happy online and when I use digital technology.  Staying Safe, Healthy and Happy Online Quiz  **Online Relationships**  I know how to develop safe, respectful and healthy online relationships and can recognise the signs of inappropriate and harmful online relationships.  Assessing Online Relationships – Appropriate or inappropriate?  Respectful Online Relationships Drama Cards  **Social Media**  I know how to use social media responsibly to protect the health, wellbeing and rights of all.  Is That OK to Share Sorting Cards  Social Media for Wellbeing Slogan  **Saying No to Online Bullying**  I know what online bullying is and what to do if I see or experience it to help make it stop.  Impact of Online Bullying Detailed Scenarios  **Fake News**  I understand not all information online is true and know how to assess the reliability of both text and images.  Link to computing  How to assess reliability online  Misinformation wordsearch  Making safe choices cards | ***Unit 3 Does Money Make the World Go Round? (Part 2)***  **One World - Biodiversity**  I can understand what biodiversity is and explain the importance of doing all we can to encourage it.  An Image of Biodiversity  The Benefits of Biodiversity Sorting Cards (Order in importance)  Refer to Edwinstree Worm Bins  **One World – How Can I Help: Water**  I can describe how we can use water responsibly and understand the importance of doing this.  Water – how can we conserve?  Water Acrostic Poem  **One World - In Our Hands**  I can make choices which make the world a better place and that help people across the world.  My manifesto for a Better World  My Sustainability Choices  **Money - Budgeting**  I can explain why budgeting can be helpful and how a budget can be made.  Let’s Go Shopping – Weekly items under £50  Spending calendar and storyboard for the month  **Money and Emotional Wellbeing**  I can discuss the impact money can have on people’s emotional wellbeing.  How can spending money on different things affect our emotional wellbeing?  Spending money wisely (and unwisely) photos  **Money in the Wider World**  I can explain the impact spending has on our environment.  Tax spending bingo game  Ethical spending comparisons eg use of palm oil and deforestation |
| **Relationships 2** | **Health and Wellbeing 2** | **Living in the Wider World 2** |
| ***Unit 4 RSE Year 6***  ***This unit mainly uses the PSHE Association kitemarked RSE lessons.***  **Puberty Recap**  What are the changes that happen during puberty?  Puberty scenarios  Changes – important to know now, in future, never?  **Puberty: Change and Becoming Independent**  How can we manage change and becoming more independent?  Child/teenager/adult – life stages  In what ways do we become more independent?  **Positive, Healthy Relationships**  What helps to create and maintain loving relationships?  Different kinds of relationships  Relationship qualities  Relationship stories and changes  **How A Baby Is Made**  Introduction to loving relationships and sexual intercourse  Links to science year 7  Concept conversation sheet  How a baby is made sequencing cards  How a baby is made video All About us - Living and Growing series  **Consent**  Do I understand the meaning of consent?  From the EC Scheme  Personal space case studies and reply slips. | ***Unit 5 Safety First***  **You Are Responsible**  I can take responsibility for my own safety.  “Safe or risky?” cards  Responsibility crossword  **What Are the Risks?**  I can assess and manage risks in different situations.  Risk-o-meter in different scenarios  Who could help?  **Making Your Mind Up**  I can confidently identify and manage pressure to get involved in risky situations.  Risky situations - dealing with pressure scenario cards  Group – will people admire you if do something risky?  **In an Emergency**  I can act sensibly and responsibly in an emergency.  Different emergencies  Health and Safety in School  **Home - Safe and Sound**  I can identify hazards and reduce risks to keep myself and others safe at home.  Spot the hazards picture pack  Safe House Action Plan  **Outdoors - Playing It Safe**  I know how to stay safe in different outdoor environments.  Outdoor Risk Assessment  Play It Safe Outdoors Crossword  *Fireworks Safety Poster (Bring forward to November)*  Hazards, Dangers and Risks Outdoors Photo Pack | ***Unit 6 Aiming High***  **You Can Achieve Anything!**  I can understand how people learn new things and achieve certain goals.  Look at how much I’ve learnt already.  How I learn best – the best environment for me.  Learning styles – auditory, visual, kinaesthetic.  **Breaking Down Barriers**  I can understand that a helpful attitude towards learning can help us succeed in life.  Motivational poster when facing challenge.  Motivational Quotes – create your own.  **Future Focus**  I can identify opportunities that may become available to me in the future and I am aware of how to make the most of them  Personal opportunities when you are older.  Opportunity scenarios.  **Equal Opportunities**  I can understand that gender, race and social class do not determine what jobs people can do.  Negative impact of stereotypes.  Anyone can be a beautician or a bricklayer.  **The World of Work**  I can understand there are a variety of routes into different jobs which may match my skills and interests.  My interests, skills and talents from early years to UKS2.  Scenarios - What career might these children end up in?  **Onwards and Upwards**  I can discuss my goals for the future and the steps I need to take to achieve them.  Create your own fortune teller with card.  Steps to success. |