

PSHE MTP - Year 6

Autumn 1

Year 6 – Being Me

Social and Emotional skills- Know own wants and needs, be able to compare their life with the lives of those less fortunate, demonstrate empathy and understanding towards others and can demonstrate attributes of a positive role-model

	Title - <i>written in floorbook</i>	Lesson Purpose	Vocabulary Key focus for each lesson regarding children's retention
1	My Value	- Reflect on what went well last year □ starter - Chn consider their roles and how they add value to them, e.g. how do I add value as a daughter, as a student etc. □ Main lesson focus	Lesson 1 – Reflection Lesson 2 – overcome Lesson 3 – opportunities Lesson 4 – independence Lesson 5 - emotions and feelings <i>Link each lesson back to wider theme of unit – Being me in my world</i>
2	Facing Challenges	- Recap meaning of resilience □ starter - Consider the challenge of SATS and plan how this can be overcome to result in a win win □ Main lesson focus	
3	Rules	- To identify school rules □ starter - To understand the importance of rules and the relation to choices/consequence and taking accountability - link to class rules and future opportunities (e.g. secondary school, jobs, law) □ Main lesson focus <i>Suggested task: revisit class mission statement and class contract - plus and delta as a class on flip chat and stick a photo of table in flip chart</i>	
4	Community	- Recap and renew identifying trusted staff in school and adults at home who chn can talk to if there is a problem - consider the role they play □ starter	

		- Consider real life situations the chn are likely to face soon (walking to school, visiting the shop, visiting the park etc.) □ Main lesson focus <i>Suggested task: consider how level 5 behaviour or leadership roles can transfer into the wider world</i>	
5	Emotional Literacy	- To recognise why it is important for people to express their feelings - discuss a range of feelings and situations they link to □ Main lesson focus <i>Suggested task: emotional wheel - refer back to year 3, 4 and 5 version (link to emotional literacy resources)</i>	
6	Black History Month	- To understand the need for Black History Month and the historical reasons for its creation □ Main lesson focus - To identify black role models □ Main lesson focus No need for floorbook task.	

Year 6 – Celebrating Differences

Social and Emotional skills- Empathise with people who are different and be aware of my own feelings towards them, identify feelings associated with being excluded, be able to recognise when someone is exerting power negatively in a relationship and be able to vocalise their thoughts and feelings about prejudice and discrimination and why it happens

	Title - written in floorbook	Lesson Purpose	Vocabulary Key focus for each lesson regarding children's retention
1	My class	- Recap meaning of unique and identify how I am unique □ starter - Recap strengths and areas of improvement within the class. Consider how we can complement each other with our differences and strengths etc. □ Main lesson focus <i>Suggested task: jigsaw pieces which form one large puzzle</i>	Lesson 1 – empathy, disability, strength Lesson 2 – household, wider family Lesson 3 – incompatible Lesson 4 and 5 – bullying, bystander Lesson 6 - apologise
2	My family	- Consider who makes up our household and who is in our wider family □ starter - Identify similarities and differences in the functioning of different families and how households can look different or change over time for various reasons. Link to how this can affect our emotions, feelings and behaviours..□ Main lesson focus - Discuss that marriage represents a formal and legal recognised commitment of two people to each other which is intended to be lifelong - what are their views on marriage (may want to link it to their own family)	
3	Conflicts	- Recap the meaning of 'conflict' □ starter - Build on previous learning that not all conflict can be resolved. Share personal experiences and link to emotions, feelings and behaviour. Consider various strategies to support these. □ Main lesson focus <i>Suggested task: Strategies to overcome negative emotions, feelings or behaviour surrounding unresolved conflict/ongoing conflict/recent conflict etc.</i>	<i>Link each lesson back to wider theme of unit – Celebrating Differences</i>

4	Bullying - part 1	- To fully understand the different forms of bullying and how this can look and feel over time - link to emotions and behaviour (educate chn on intensity and severeness of bullying as this is often misunderstood by chn and parents) □ Main lesson focus <i>Suggested task: Role play activity and consider various scenarios - identify what is bullying and what is not and what the solutions/strategies to overcoming these difficult situations are</i>	
5	Bullying - part 2	- To recap what a 'bystander' is □ starter - Understand the meaning of Joint Enterprise, guilty by association, failure to act etc. Link to personal experiences and consider future situations e.g. in the wider community, in secondary school etc. □ Main lesson	
6	My words	- Recap the impact of words (positive and negative - consider emotions, feelings and behaviour) in person and online □ starter - Recap previous discussion around meaning of saying sorry. Why is it important to apologise and what does that symbolise? □ Main lesson - What happens if you keep repeating behaviour but saying sorry? □ Plenary	

Spring 1

Year 6 – Healthy Me			
Social and Emotional skills- Are motivated to care for their own physical and emotional health, suggest strategies someone could use to avoid being pressured and can use different strategies to manage stress and pressure			
Lesson	Title	What the child will “leave” with – not to be stuck in book, instead guidance for the teacher/subject planner as to what should be included within the lesson	Vocabulary (Branches) Key focus for each lesson regarding children’s retention
1	Balanced Diet	- Recap what a balanced diet is and the food groups □ starter - To understand why portion size is important and how this can be met each meal healthily □ Main lesson <i>Suggested task: Chn create their own balanced meal using the right portions from the various food groups.</i>	Lesson 1 – balanced diet, portion Lesson 2 – exercise
2	Exercise	- Recap the positive impact of exercise on our bodies - heart rate, muscles, fat □ starter - Identify ways I exercise and reflect on the positives of this. Consider how we can vary our exercise and seek out opportunities for more (e.g. swapping driving to the shop with walking) □ Plenary	Lesson 3 – hygiene Lesson 4 – drugs, smoking, vaping
3	Hygiene	- How do we keep good hygiene and why is this important? □ starter	Lesson 5 – alcohol

		- Understand the consequences of not maintaining good hygiene. Consider how our bodies are changing and the impact this can have. □ Main lesson focus	Lesson 6 – peer pressure Lesson 7 - Emergency Aid, qqq <i>Link each lesson back to wider theme of unit – Healthy Me</i>
4	Drugs, smoking/ Vaping	- Recap negative effects of drugs, smoking and vaping □ starter - Discuss situations where chn could be peer pressured to smoke, vape or take drugs. Consider strategies of action if ever in a situation like this - link to being out in the local community or at secondary school □ Main lesson focus - To know the law around drugs, smoking and vaping	
5	Alcohol	- Recap negative effects of alcohol on the body □ starter - To know the law around alcohol for children and adults. Discuss situations where chn could feel peer pressured to drink alcohol and what they can do to prevent this or react to this positively. □ Main lesson focus	
6	Peer pressure	- To understand how anti-social behaviour can have a negative effect on someone's mood and what anti-social is □ starter - To identify what to do if being pressured or someone else is being pressured to behave antisocially □ Main lesson focus - Discuss situations where children could be peer pressured and agree ways to prevent this.	
7	Emergency aid	- Recap what are the emergency numbers? □ starter - To know and can put into practice basic emergency aid procedures (e.g. the recovery position) and know how to get help in emergency situations □ Main lesson focus - To know how to keep myself calm during an emergency and where/who to seek help from □ Main lesson focus	

Summer 1

Year 6 – Relationships

Social and Emotional skills- Recognise that people can get problems with their mental health and that it is nothing to be ashamed of, can resist pressure to do something online that might hurt themselves or others and can take responsibility for their own safety and well-being

	Title - <i>written in floorbook</i>	Lesson Purpose	Vocabulary Key focus for each lesson regarding children's retention
1	Caring friendships	- Recap positive and negative characteristics of friendships - Discuss how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed. - Managing conflict within friendships	Lesson 1 – trust Lesson 2 – stereotype
2	Respectful relationships	- Recap courtesy and manners - how do you show good manners in different contexts (home, school, wider community)? - Recap what respect looks like - discuss some examples of how to show respect to others. - Explore self-respect - Explore stereotypes and how they can be unfair, negative and destructive	Lesson 3 – consent/ permission-seeking Lesson 4 – grooming
3	Permission-seeking	- the importance of permission-seeking and giving in relationships with friends, peers and adults. Why is this so important? What does consent look like? - https://www.ghll.org.uk/rshe-primary-lesson-plans-uks2-understanding-consent/ - https://www.youtube.com/watch?v=o5MPxGhTQyc	Lesson 5 – privacy Lesson 6 - stages of grief <i>Link each lesson back to</i>

4	Online relationships	- To take responsibility for my own safety and well-being online □ starter - To understand how technology can be used to try to gain power or control and I can use strategies to prevent this from happening (reference grooming) □ Main lesson focus - How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met. □ Main lesson focus - How information and data is shared and used online. □ plenary	wider theme of unit – Relationships
5	Being safe	- What's the difference between a secret and a surprise? (we don't keep secrets) - Appropriate boundaries - Concept of privacy - Appropriate physical contact - pants and vest rule - Responding to feeling unsafe - Seeking advice and reporting concerns - Where to get advice (network hand) <i>Activity - redo network hand</i>	
6	Love and loss (death)	- To recap the various feelings and behaviour we can have when someone dies or leaves □ starter - To use some strategies to manage feelings associated with loss and can help other people to do so □ Main lesson focus - To understand that there are different stages of grief and that there are different types of loss that cause people to grieve □ Main lesson focus	

Summer 2

Year 6 – Changing Me

Social and Emotional skills- Recognise ways they can develop their own self-esteem, can express how they feel about the changes that will happen to them during puberty and understand that mutual respect is essential in a boyfriend/girlfriend relationship and that they shouldn't feel pressured into doing something that they don't want to

	Title - <i>written in floorbook</i>	Lesson Purpose	Vocabulary Key focus for each lesson regarding children's retention
1	Transition to secondary school	- To identify what I am looking forward to and what worries me about the transition to secondary school □ Main lesson focus - To know how to prepare myself emotionally for starting secondary school □ Main lesson focus	Lesson 1 – transition, preparation Lesson 2 – puberty, attraction, consent Lesson 3 – conception/conceive, erection, contraception Lesson 4 – comfortable, reflect
2	Attraction	- To understand how being physically attracted to someone changes the nature of the relationship - discuss how attraction is out of our control but within our control is how we cope with these feelings □ Main lesson focus - To discuss and recap consent and understand what this means □ Main lesson focus	
3	Babies	***Teachers to send Parent mail to inform parents that RSE is being taught that day covering conception***	

		https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2-operation-ouch-how-are-babies-made-sex/zsxt4j - play video first (copy and paste into web browser) - Explain how a baby is conceived and ensure chn understand the age of consent is 16 and refer to contraception □ Main lesson focus - To describe how a baby develops from conception through the nine months of pregnancy, and how it is born □ Main lesson focus - time for questions □ Plenary	<i>Link each lesson back to wider theme of unit – Changing Me</i>
4	Questions Note to teachers - do not go past your year group with content but can recap previous knowledge	- To create a safe space where I can feel comfortable with asking questions □ Main lesson focus - To ask the questions I need answered about changes during puberty □ Main lesson focus <i>Suggested activity: Invite children to write their question down anonymously on a piece of paper and hand it in (teacher discretion which questions to answer)</i>	