



## Giles Junior Year 6 PSHE Annual Curriculum Overview

<i>Year 6 - Autumn 1 - Being Me in My World</i>			
<i>Session</i>	<i>Learning objective</i>	<i>Vocabulary</i>	<i>7 Habits Links</i>
1	To face new challenges positively and know how to set personal goals	education, hopes appreciation, challenge, opportunities, goals, motivation, vision,	Habit 2 – Begin with the End in mind – Think ahead – page 22
2	To understand my rights and responsibilities as a citizen of my country	rights, responsibilities, citizen, denied, empathise, refugee, persecution, conflict, asylum, migrant	
3	I understand my rights and responsibilities as a member of my school	rights, wealth, poverty, responsibilities, prejudice, citizen, privilege, deprive	Habit 2 – Begin with the End in mind – Consider consequences—page 26
4	To make choices about my behaviour because I understand how rewards and consequences feel and I understand how these relate to my rights and responsibilities.	responsibilities, rewards, consequences, choices, learning charter	Habit 2 – Begin with the End in mind – Personal Mission statement – page 28
5	I understand how an individuals behaviour can impact on a group	cooperation, collaboration	Habit 1 – be proactive – proactive language – page 18
6	To understand how democracy and having a voice benefits the school community and know how to participate in this	participation, motivation, rights, responsibilities	Find your Voice – page 66 and public speaking – page 72 – Lighthouse Leader
<i>Year 6 - Autumn 2 - Celebrating Difference</i>			
1	To understand there are different perceptions about what normal means.	normal, ability, disability, Blind, Visual impairment, empathy, Perception, Medication, Vision	Habit 5 – Seek First to understand – dont prejudge others – page 46
2	To understand how being different could affect someones life	male, female, diversity, transgender, gender diversity, courage, fairness, rights, responsibilities	Habit 5 – Seek First to understand – Attentive Listening – page 44
3	To explain some of the ways in which one person or a group can have power over another	power, struggle, imbalance, control, harassment, bullying	Habit 5 – Seek First to understand – Using – Messages – page 48
4	To know some of the reasons why people use bullying behaviours	bullying behaviour, direct, indirect, argument, recipient	
5	To know examples of people with disabilities who lead amazing lives	Para-Olympian, sport, achievement,, accolade, disability, perseverance, admiration, stamina	
6	To explain ways in which difference can be a source of conflict and a cause for celebration	celebration, difference, conflict	Habit 6 – Synergise – Optimize Strengths – page 50



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Year 6 – Spring 1 – Goals and Dreams			
Session	Learning objective	Vocabulary	7 Habits Links
1	I know my learning strengths and can set challenging but realistic goals for myself	dream, hope, goal, learning, strengths, stretch, achievement, personal, realistic, unrealistic	Habit 2 – Begin with the End in mind – Clear expectations – page 24
2	To work out the learning steps needed to take to reach my goal and understand how to motivate myself to work on these	feeling, achievement, success criteria, learning steps	Habit 3 – Put First Things First – Big Rocks – page 30
3	To identify problems in the world that concern me and talk to other people about them	money, global issue, suffering, concern, hardship	
4	To work with other people to help make the world a better place	sponsorship, empathy, motivation	Habit 6 – Synergise – 3 <sup>rd</sup> alternatives – page 52
5	To describe ways in which I can work with other people to help make the world a better place	Synergy, respect, appreciation, humble, strengths, recognition, development	Habit 6 – Synergise – Involve others – page 54
6	To know what some people in my class like or admire about me and can accept their praise	admire, respect, achievement, praise,, compliment, contribution, recognition	Habit 6 – Synergise – Barriers to synergy – page 56
Year 6 – Spring 2 – Healthy Me			
1	To take responsibility for my health and make choices that benefit my health and well-being.	responsibility, choice, immunisation, prevention	Habit 7 – Sharpen the Saw – the body – page 60
2	To about different types of drugs and their uses and their effects on the body particularly the liver and heart	drugs, effects, motivation, prescribed/ unrestricted/ restricted, over-the-counter, illegal, volatile substances, 'legal highs	Habit 7 – Sharpen the Saw – Balanced Living – page 58
3	To understand that some people can be exploited and made to do things that are against the law	exploited, vulnerable, drugs, criminal, illegal, gangs	
4	To know why some people join gangs and the risks this involves	gang pressure, strategies reputation, anti-social behaviour, crime	
5	To understand what it means to be emotionally well and can explore peoples attitudes towards mental health/illness	mental health, emotional health, mental illness, symptoms	
6	To recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse.	stress, triggers, strategies, managing stress, pressure	



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Year 6 – Summer 1 – Relationships			
Session	Learning objective	Vocabulary	7 Habits Links
1	To know that it is important to take care of my mental health	mental health, support ashamed, stigma, stress, anxiety	Habit 7 – Sharpen the Saw – the brain – page 60
2	To know how to take care of my mental health	mental health, worried, signs, warning, selfharm	
3	To understand that there are different stages of grief and that there are different, types of loss that cause people to grieve	emotions, feelings, sadness, loss, grief, denial, despair, guilt, shock, hopelessness, anger, acceptance, bereavement, coping strategies	
4	To recognise when people are trying to gain power or control	power, control, authority, bullying, script, assertive	
5	To judge whether something online is safe and helpful for me	risks, assertiveness, influences, self-control, real/fake, true/untrue or false, judgement, pressure	
6	To use technology positively and safely to communicate with my friends and family	communication, technology, abuse, power, control, cyberbullying, safety	
Year 6 – Summer 2 – Changing Me			
1	To be aware of my own self-image and how my body image fits into that.	self-image, self-esteem, real self, celebrity	Think Win-Win – keep promises – page 38
2	To explain how girls' and boys bodies change during puberty and understand the importance of looking after yourself physically and emotionally	opportunities, freedoms, responsibilities,	
3	To describe how a baby develops from conception through the nine months of pregnancy, and how it is born	pregnancy, embryo, foetus, placenta, umbilical cord, labour, contractions, cervix, midwife	
4	To understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend	attraction, relationship, pressure, love, sexting	Habit 7 – Sharpen the Saw – sharpen the heart – page 64
5	To be aware of the importance of a positive self-esteem and what can be done to develop it	self-esteem, choice,, negative body-talk, feelings/emotions, challenge, mental health	Habit 1 – Be Proactive – Be a transition person – page 20
6	To identify what I am looking forward to and what worries me about the transition to secondary school.	transition, secondary, looking forward, journey, worries, anxiety hopes, excitement	