

Year Six Personal, social, health and economic education/Citizenship Curriculum and the Rights and Respect of the Child

Theme	Key Vocabulary	Learning to take place linked to knowledge, skills and understanding	Books/resources to support learning	Links to other areas of the curriculum	RRC
Mental Health, Being Healthy and Wellbeing	Change Transitions Loss Separations	Learn about change, including transitions, loss, separations, divorce and bereavement.	Transition days to secondary schools with the Trust schools. The Butterfly Lion – Michael Morpurgo	English/history - War Poetry	12
	Divorce Bereavement Help Resisting Habit Unhealthy	Recognise when and how to ask for help and use basic techniques for resisting pressure to do something dangerous, unhealthy, that makes them uncomfortable, anxious or that they believe to be wrong.	Anti-bullying /online safety weeks		12,15,32,33,34,35,36,37
	Anxious Wrong Uncomfortable	Explore what is meant by the term 'habit' and why habits can be hard to change.	Centre for life visit.	Science	33
	Which Why How Drugs Safety Substances legal Illegal	Investigate and discuss which, why and how, commonly available substances and drugs (including alcohol and tobacco) could damage their immediate future health and safety, that some are legal, some are restricted and some are illegal to own, use and supply to others.	Centre for life visit. School Nurse session	Science	6,24, 33
		Learn to recognise how images in the media do not always reflect reality and can affect how people feel about themselves. Discuss issues around peer pressure.	Newsround Media https://mediasmart.uk.com/digital-advertising/		12,16,17

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Relationships and respecting the differences between people	Relationships Civil partnership Marriage Stereotype gender Disability Identify Racism Diversity Cultural Ethnic	To be aware of different types of relationship, including those between friends and families, civil partnerships and marriage.			2, 9, 12,18
		That differences and similarities between people arise from a number of factors, including family, cultural, ethnic, racial and religious diversity, age, sex, gender identity, sexual orientation and disability.		Science, history, geography, inheritance and evolution RE e.g. five pillars of Islam	2, 8, 14, 30
		To recognise and manage 'dares'.	Stories linked to behaviour	English	29, 3,34,35,36,37
		To recognise and challenge stereotypes	Stories linked to stereotypes		2, 8,12,14,15
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Living in the Wider World	Topical Issues Problems Radicalisation Gender Equality Global Commonwealth National European Equality Loan	Research, discuss and debate topical issues, problems and events concerning health and wellbeing and offer their recommendations to appropriate people. This may include radicalisation, racism, gender equality, local, national, European, commonwealth and global concerns.	Current media topics Newsround	English - Balanced Arguments RRC	12,29
		Develop an initial understanding of the concepts of 'interest', 'loan', 'debt' and 'tax' e.g. their contribution to society through the payment of VAT.	Financial reports Receipts/bills Explore the loans/debt the economy is facing after COVID-19.	Maths – economics	12, 29

	Debt Tax VAT Economic Sustainability	Learn that resources can be allocated in different ways and that these economic choices affect individuals, communities and the sustainability of the environment.		Geography	
		Learn about enterprise and the skills that make someone 'enterprising'.	Christmas Fayre Enterprise projects, Transition online enterprises		12, 29
		Explore and critique how the media present information.	Newsround Media https://mediasmart.uk.com/digital-advertising/		12,16,17
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<p>Changing and Growing</p>	<p>Moods Premenstrual Feelings Changes Sanitary Protection Pregnancy Periods Puberty Personal hygiene Sexual affection</p>	<p>Set rules before sessions re sensitivity and respect</p> <ul style="list-style-type: none"> • Touching as a sign of affection, mood changes, and premenstrual tension. • Understand the changing relationships between boys and girls • Understanding sexual feelings - something that happens in private between adults, not emotionally ready yet although may be physically. • Changes that happen to boys and girls through puberty and the feelings involved. • Revise menstruation. • Sanitary protection. • Personal hygiene during menstruation. • Understand pregnancy can begin when periods do. • How to predict a period. 	<p>School nurse sex education talk followed by class teacher session. Barnardo's – staying safe SRE policy</p>		<p>37, 16, 19, 24, 25,</p>
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Possible Mindfulness ideas and approaches

- Become aware of the rhythm of your breathing. There's no need to change your breathing in any way, simply notice it exactly as it is.
- **Listen to the bell.** An easy way for children to practice mindfulness is to focus on paying attention to what they can hear. You could use a bell, a set of chimes, or an APP that has sounds on it. Tell children that you will make the sound, and they should listen carefully until they can no longer hear the sound (which is usually 30 seconds to a minute).
- Stroll outside possibly through the meadow and notice things we have not seen before. Designate one minute of the walk where we are completely silent and simply pay attention to all the sounds we can hear.