

Year 6 PSHE/RSE Curriculum



Autumn	Families and Relationships	Citizenship
Year 6	<ul style="list-style-type: none"> -To know that a conflict is a disagreement or argument and can occur in friendships. -To understand the concepts of negotiation and compromise. -To understand that everyone deserves respect but respect can be lost. -To understand that stereotypes can lead to bullying and discrimination. -To understand that loss and change can cause a range of emotions. -To know that grief is the process people go through when someone close to them dies. 	<ul style="list-style-type: none"> -Name and explain all of the British Values. -To know that education is an important human right. -To know that the prime minister appoints ‘ministers’ who have responsibility for different areas, such as healthcare and education. -To know that prejudice is making assumptions about someone based on certain information. -To know that discrimination is treating someone differently because of certain factors.
Spring	Health and Wellbeing	Safety and the changing body
Year 6	<ul style="list-style-type: none"> -To understand that vaccinations can give us protection against disease. -To know that changes in the body could be possible signs of illness. -To understand that a number of factors contribute to my physical health (diet, exercise, rest/relaxation, dental health). -To know that a habit is a behaviour that we often do without thinking and that we can have good and bad habits. -To understand that a number of factors contribute to my mental health (diet, exercise, rest/relaxation). -To know the effects technology can have on mental health. 	<ul style="list-style-type: none"> -To understand that online relationships should be treated in the same way as face to face relationships. -To know where to get help with online problems. -To understand the risks associated with drinking alcohol. -Describe changes that happen during puberty for boys, girls and both. -To know that people may see us differently as to how we see ourselves. -To know that images can be manipulated and are not realistic. -To know how to conduct a primary survey (using DRSABC).
Summer	Careers & Economic Well Being	Transition
Year 6	<ul style="list-style-type: none"> -Understand different types of workplace environments and their characteristics. -Recognise the importance of teamwork, communication, and career roles within a workplace. -Understand various career routes in multiple sectors and their educational and skill requirements. Evaluate the pros and cons of different career paths. -Understand what gambling is and identify its different forms. -Recognise the risks and consequences associated with gambling. -Understand the changes in financial responsibilities when transitioning to secondary school. 	<ul style="list-style-type: none"> -Understand that change can bring opportunity but also worry. -Explain some ways I can deal with change. -Explain some strategies I can use if I feel stressed or anxious. <p>(Children will also attend two transition days at their chosen Secondary School and have one in school session with staff from their Secondary School. Additionally, the Ignite transition workshop will take place in June 2026).</p>