

Year 6: PSHE Long Term Plan



THE PYTHON HILL ACADEMY

LABOR OMNIA VINCIT

*Our Ambition: To be the highest performing MAT in the country
Our Mission: To improve the communities we serve for the better*

Vision:

*Challenging educational orthodoxies so that every child makes good progress in all subjects;
all teachers are committed to personal improvement and fulfil their responsibilities;
all children receive an inspiring curriculum;
all academies strive to be outstanding.*

PSHE Curriculum Overview

Year	Being Me In My World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
FS	Who ... me? How am I feeling today Being at school Gentle hands Our rights Our responsibilities	What am I good at I'm special, I'm me Families Homes Making friends Standing up for yourself	Challenges Never give up Setting a goal Obstacles and support Flight to the future Footprint awards	Everybody's body We like to move it, move it Food glorious food Sweet dreams Keeping clean Safe adults	My family and me Make friends, make friends Falling out and bullying Being the best friends we can	My body Respecting my body Growing up Fun and fears Celebration
Y1	Feeling special and safe My class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter	The same as... Different from ... What is bullying What so I do about bullying Making new friends Celebrating difference and me	My treasure chest of success Steps to success Achieving together Stretchy learning Overcoming obstacles Celebrating my success	Being healthy Healthy choices Clean and healthy Medicine safety Road safety Happy, healthy me	Families Making friends Greetings People who help us Being y own best friend Celebrate special relationships	Life cycles Changing me My Changing body Boys and girls bodies Learning and growing Coping with changes
Y2	Hopes and fears for the year Rights and responsibilities Rewards and Consequences Our learning charter Owning our learning charter	Boys and girls Why does bullying happen? Standing up for self/others Gender diversity Celebrating differences	Goals to success My learning strengths Learning with others A group challenge Celebrating our achievement	Being healthy Being relaxed Medicine safety Healthy eating Happy healthy me	Different types of family Exploring physical contact Friendship and conflict Secrets Trust and appreciation Special relationships	Life cycles in nature Growing young to old The changing me Boys and girls bodies Assertiveness Looking ahead
Y3	Getting to know each other Our nightmare school Our dream school Rewards and consequences Our learning charter Owning our learning charter	Families Family conflict Witness and feelings Witness and solutions Words that harm Celebrating difference	Dreams and goals My dreams and ambitions A new challenge Our new challenge Overcoming obstacles Clearing my learning	Being fit and healthy What do I know about drugs Being safe Safe and unsafe My amazing body	Family roles / responsibilities Friendships Keeping myself safe online Being a global citizen Celebrating web relationships	How babies grow Babies Outside body changes Inside body changes Family stereotypes Looking ahead
Y4	Becoming a class team Being a school citizen Rights, responsibilities, Rewards and consequences Our learning charter Owning our learning charter	Judging by appearance Understanding influences Understanding bullying Problem solving Special me Celebrating differences	Hopes and dreams Broken dreams Overcoming disappointment Creating new/realistic dreams Achieving goals We did it	My friends and me Group dynamics Smoking Alcohol Healthy relationships Celebrating my inner strength	Jealousy Love and loss Memories Getting on and falling out Girlfriends/boyfriends Celebrating my relationships	Unique me Having a baby Puberty and menstruation Circles of change Accepting change Looking ahead

Year	Being Me In My World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
Y5	The year ahead Being a citizen Rights and responsibilities Rewards and consequences Our learning charter Owning our learning charter	Different cultures Racism Rumours and name calling Types of bullying Does money matter Celebrating differences of the world	When I grow up Investigating jobs and careers My dream job Dreams/goals in other cultures How can we support each other Rallying support	Smoking Alcohol Emergency aid Body image My relationship with food Healthy me	Recognising me Safety in online communities Being in an online community Online gaming Relationship with technology	Self and body image Puberty for girls Puberty for boys Conception Looking ahead
Y6	My year ahead Being a global citizen The learning charter Our learning charter Owning our learning charter	Am I normal Understanding differences Power struggles Why Bully Celebrating difference	Personal learning goals Steps to success My dream for the world Helping to make a difference Recognising our achievements	Taking personal responsibility Drugs Exploitation Gangs Emotional mental health Managing stress and pressure	What is mental health My mental health Love and loss Power and control Being online – real or fake Technology safety	My self image Puberty Babies conception to birth Boyfriends/girlfriends Adolescent friendships Real self and ideal self The year ahead

	Autumn 1						Autumn 2					
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6/7	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Theme	Being Me in my World						Celebrating Differences					
Jigsaw	My year ahead	Being a global citizen	Being a global citizen	The learning charter	Our learning charter	Owning our learning charter	Am I normal	Understand differences	Power struggles	Why Bully	Celebrating differences	Celebrating differences
Vocab	Goals Worries Fears Value Welcome	Choice Ghana West Africa Cocoa plantation Cocoa pods Rights Community Education	Wants Needs Maslow Empathy Comparison Opportunities Education	Choices Behaviour Rights Responsibility Rewards Consequences Cooperation Collaboration Empathise Learning Charter Obstacles	Rights Responsibility Rewards Consequence Cooperation Collaboration Legal Illegal Lawful	Laws Learning Charter Collaboration Participation Motivation Rights Responsibility Rewards Consequences Democracy Decision Proud	Normal Ability Disability Visual impairment Empathy Perception Medication Vision Blind	Viewpoint Perspective Assumption Belonging Experience Equality Act Rights Community Respect Empathy	Power Struggle Imbalance Control Harassment Bullying Banter	Bullying behaviour Direct Indirect Argument Recipient	Para Olympian Achievement Accolade Disability Sport Perseverance Admiration Stamina	Celebration Difference Conflict
I Can	I can identify my goals for this year, understand my fears and worries about the future and know how to express them	I know that there are universal rights for all children but for many children these rights are not met	I understand that my actions affect other people locally and globally	I can make choices about my own behaviour because I understand how rewards and consequences feel and I understand how these relate to my rights and responsibility	I understand how an individual's behaviour can impact on a group	I understand how democracy and having a voice benefits the school community	I understand there are different perceptions about what normal means	I understand how being different could affect someone's life	I can explain some of the ways in which one person or a group can have power over another	I know some of the reasons why people use bullying behaviours	I can give examples of people with disabilities who lead amazing lives	I can explain ways in which difference can be a source of conflict and a cause for celebration

	Spring 1						Spring 2					
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Theme	Dreams and Goals						Healthy Me					
Jigsaw	Personal learning goals	Steps to success	My dream for the world	Helping to make a difference	Helping to make a difference	Recognising our achievement	Taking personal responsibility	Drugs	Exploitation	Gangs	Emotional mental health	Managing stress and pressure
Vocab	Dream Hope Goal Learning Strengths Stretch Achievement Personal Realistic Unrealistic	Dream Hope Goal Feeling Achievement Success Criteria Learning steps	Dream Hope Goal Feeling Achievement Money Global Issue Suffering Concern Hardship	Dream Hope Goal Achievement Money Sponsorship Suffering Hardship Empathy Motivation	Dream Hope Goal Achievement Money Sponsorship Suffering Hardship Empathy Motivation	Admire Respect Achievement Praise Compliment Contribution Recognition	Responsibility Choice Immunisation Prevention	Drugs Effects Motivation Prescribed Unrestricted Over-the-counter Restricted Illegal Volatile substances Synthetic highs New psychoactive substances	Exploited Vulnerable Drugs Criminal Illegal Gangs	Gang Pressure Strategies Reputation Anti-social behaviour Crime Illegal	Mental health Emotional health Mental illness Symptoms	Stress Triggers Strategies Managing Stress Pressure
I Can	I know my learning strengths and can set challenging but realistic goals for myself (e.g. one in-school goal and one out-of- school goal)	I can work out the learning steps I need to take to reach my goal and understand how to motivate myself to work on these	I can identify problems in the world that concern me and talk to other people about them	I can work with other people to help make the world a better place	I can describe some ways in which I can work with other people to help make the world a better place	I know what some people in my class like or admire about me and can accept their praise	I can take responsibility for my health and make choices that benefit my health and well-being	I know about different types of drugs and their uses and their effects on the body particularly the liver and heart	I understand that some people can be exploited and made to do things that are against the law	I know why some people join gangs and the risks this involves	I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness	I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse

	Summer 1					Summer 2					
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Theme	Relationships					Changing Me					
Jigsaw	What is mental health	Love and loss	Power and control	Being online – real or fake	Technology safety	My self image	Puberty	Babies conception to birth	Boyfriends /girlfriends	Adolescent friendships	Real self and ideal self
Vocab	Mental health Ashamed Stigma Stress Anxiety Support	Emotions Feelings Sadness Loss Grief Denial Despair Guilt Shock Hopelessness Anger Acceptance Bereavement Coping strategies	Power Control Authority Bullying Script Assertive Strategies	Risks Pressure Influences Self-control Real/Fake True/untrue Assertiveness Judgement	Communication Technology Power Control Cyberbullying Abuse Safety	Self-image Self-esteem Real self Celebrity	Opportunities Freedoms Responsibility Puberty	Pregnancy Embryo Foetus Placenta Umbilical cord Labour Contractions Cervix Midwife	Attraction Relationship Pressure Love Sexting Consent	Independence Identity Values Relationships Pressure Adolescent	Self-esteem Negative body-talk Choice Feelings/emotions Challenge Mental health
I Can	I know that it is important to take care of my mental health	I understand that there are different stages of grief and that there are different types of loss that cause people to grieve	I can recognise when people are trying to gain power or control	I can judge whether something online is safe and helpful for me	I can use technology positively and safely to communicate with my friends and family	I am aware of my own self-image and how my body image fits into that	I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born	I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend	I know myself well enough to maintain positive relationships with others whilst still keeping my own identity	I am aware of the importance of a positive self-esteem and what I can do to develop it