

Year 6 PSHE and RHE Curriculum Map

Autumn 1	Autumn 2
Being Me in My World • I can identify my goals for this year, understand my fears and worries about the future and know how to express them • I feel welcome and valued and know how to make others feel the same • I know that there are universal rights for all children but for many children these rights are not met • I understand my own wants and needs and can compare these with children in different communities • 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 responsibilities • I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them • I understand how an individual's behaviour can impact on a group • I can contribute to the group and understand how we can function best as a whole • I understand how democracy and having a voice benefits the school community • I understand why our school community benefits from a Learning Charter and how I can help others to follow it by modelling it myself	Celebrating Differences • I understand there are different perceptions about what normal means • I can empathise with people who are different • I understand how being different could affect someone's life • I am aware of my attitude towards people who are different • I can explain some of the ways in which one person or a group can have power over another • I know how it can feel to be excluded or treated badly by being different in some way • I know some of the reasons why people use bullying behaviours • I can tell you a range of strategies for managing my feelings in bullying situations and for problem-solving when I'm part of one • I can give examples of people with disabilities who lead amazing lives • I appreciate people for who they are • I can explain ways in which difference can be a source of conflict and a cause for celebration • I can show empathy with people in either situation
Spring 1	Spring 2
Dreams and Goals • 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 understand why it is important to stretch the boundaries of my current learning • 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 set success criteria so that I will know whether I have reached my goal • I can identify problems in the world that concern me and talk to other people about them • I recognise the emotions I experience when I consider people in the world who are suffering or living in difficult situations • I can work with other people to help make the world a better place	Healthy Me • I can take responsibility for my health and make choices that benefit my health and well-being • I am motivated to care for my physical and emotional health • I know about different types of drugs and their uses and their effects on the body particularly the liver and heart • I am motivated to find ways to be happy and cope with life's situations without using drugs • I understand that some people can be exploited and made to do things that are against the law • I can suggest ways that someone who is being exploited can help themselves • I know why some people join gangs and the risks this involves • I can suggest strategies someone could use to avoid being pressurised

• I can empathise with people who are suffering or who are living in difficult situations • I can describe some ways in which I can work with other people to help make the world a better place • I can identify why I am motivated to do this • I know what some people in my class like or admire about me and can accept their praise • I can give praise and compliments to other people when I recognise their contributions and achievements	• I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness • I know how to help myself feel emotionally healthy and can recognise when I need help with this • I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse. • I can use different strategies to manage stress and pressure
Summer 1	Summer 2
Relationships • I know that it is important to take care of my mental health • I understand that people can get problems with their mental health and that it is nothing to be ashamed of • I know how to take care of my mental health • I can help myself and others when worried about a mental health problem • 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 I am feeling those emotions and have strategies to manage them • I can recognise when people are trying to gain power or control • I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control • I can judge whether something online is safe and helpful for me • I can resist pressure to do something online that might hurt myself or others • I can use technology positively and safely to communicate with my friends and family • I can take responsibility for my own safety and well-being	Financial Management • I can identify different ways that I can pay for things and keep track of money • I can recognise how and why people decide to spend their money • I understand different ways that people's spending decisions can affect others and the environment, and that things have different values • I recognise that people have different attitudes towards saving and spending money, and towards risk Changing Me • I am aware of my own self-image and how my body image fits into that • I know how to develop my own self esteem • I am aware of the importance of a positive self-esteem and what I can do to develop it • I can express how I feel about my self-image and know how to challenge negative 'body-talk' • I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class • I know how to prepare myself emotionally for the changes next year • I know myself well enough to maintain positive relationships with others whilst still keeping my own identity Additional lessons related to British Values and Transition can also be taught