

PHSCE Medium term overview

Year 6

	Topic	In this unit of work children will learn:	Teacher notes:
Relationships	<p>Families and friendships</p> <p>Attraction to others; romantic relationships; civil partnership and marriage</p> <p>PoS Refs: R1, R2, R3, R4, R5, R7</p>	<ul style="list-style-type: none"> • To know what it means to be attracted to someone and different kinds of loving relationships • To know that people who love each other can be of any gender, ethnicity or faith • To know the difference between gender identity and sexual orientation and everyone's right to be loved • To know some of the qualities of healthy relationships that help individuals flourish • To know ways in which couples show their love and commitment to one another, including those who are not married or who live apart • To know what marriage and civil partnership mean e.g. a legal declaration of commitment made by two adults • To know that people have the right to choose whom they marry or whether to get married • To know that to force anyone into marriage is illegal • To know how and where to report forced marriage or ask for help if they are worried 	
	<p>Safe relationships</p> <p>Recognising and managing pressure; consent in different situations</p>	<ul style="list-style-type: none"> • To know and compare the features of a healthy and unhealthy friendship • To know the shared responsibility if someone is put under pressure to do something dangerous and something goes wrong • To know strategies to respond to pressure from friends including online • To know how to assess the risk of different online 'challenges' and 'dares' • To know how to recognise and respond to pressure from others to do 	

	PoS Refs: R26, R28, R29	<p>something unsafe or that makes them feel worried or uncomfortable</p> <ul style="list-style-type: none"> To know how to get advice and report concerns about personal safety, including online To know what consent means and how to seek and give/not give permission in different situations 	
	<p>Respecting ourselves and others</p> <p>Expressing opinions and respecting other points of view, including discussing topical issues</p> <p>PoS Refs: R30, R34</p>	<ul style="list-style-type: none"> To know the link between values and behaviour and how to be a positive role model To know how to discuss issues respectfully To know how to listen to and respect other points of view To know how to constructively challenge points of view they disagree with To know ways to participate effectively in discussions online and manage conflict or disagreements 	
Living in the wider world	<p>Belonging to a community</p> <p>Valuing diversity; challenging discrimination and stereotypes</p> <p>PoS Refs: L8, L9, L10, R21</p>	<ul style="list-style-type: none"> To know what prejudice means To know and differentiate between prejudice and discrimination To know how to recognise acts of discrimination To know strategies to safely respond to and challenge discrimination To know how to recognise stereotypes in different contexts and the influence they have on attitudes and understanding of different groups To know how stereotypes are perpetuated and how to challenge this 	
	<p>Media literacy and Digital resilience</p> <p>Evaluating media sources; sharing things online</p> <p>PoS Refs: H37, L11, L13,</p>	<ul style="list-style-type: none"> To know the benefits of safe internet use e.g. learning, connecting and communicating To know how and why images online might be manipulated, altered, or faked To know how to recognise when images might have been altered To know why people choose to communicate through social media and some of the risks and challenges of doing so To know that social media sites have age restrictions and regulations for use 	

	L15, L16	<ul style="list-style-type: none"> To know the reasons why some media and online content is not appropriate for children To know how online content can be designed to manipulate people's emotions and encourage them to read or share things To know about sharing things online, including rules and laws relating to this To know how to recognise what is appropriate to share online To know how to report inappropriate online content or contact 	
	<p>Money and Work</p> <p>Influences and attitudes to money; money and financial risks</p> <p>PoS Refs: L18, L22, L23, L24</p>	<ul style="list-style-type: none"> To know the role that money plays in people's lives, attitudes towards it and what influences decisions about money To know about value for money and how to judge if something is value for money To know how companies encourage customers to buy things and why it is important to be a critical consumer To know how having or not having money can impact on a person's emotions, health and wellbeing To know about common risks associated with money, including debt, fraud and gambling To know how money can be gained or lost e.g. stolen, through scams or gambling and how these put people at financial risk To know how to get help if they are concerned about gambling or other financial risks 	
Health and wellbeing	Physical health and Mental wellbeing What affects mental health and ways to take care of it; managing change, loss	<ul style="list-style-type: none"> To know that mental health is just as important as physical health and that both need looking after To know and recognise that anyone can be affected by mental ill-health and that difficulties can be resolved with help and support To know how negative experiences such as being bullied or feeling lonely can 	

	<p>and bereavement; managing time online</p> <p>PoS Refs: H13, H14, H15, H20, H21, H22, H23, H24</p>	<p>affect mental wellbeing</p> <ul style="list-style-type: none"> • To know positive strategies for managing feelings • To know that there are situations when someone may experience mixed or conflicting feelings • To know how feelings can often be helpful, whilst recognising that they sometimes need to be overcome • To know and recognise that if someone experiences feelings that are not so good (most or all of the time) – help and support is available • To know and identify where they and others can ask for help and support with mental wellbeing in and outside school • To know the importance of asking for support from a trusted adult • To know about the changes that may occur in life including death, and how these can cause conflicting feelings • To know that changes can mean people experience feelings of loss or grief • To know about the process of grieving and how grief can be expressed • To know about strategies that can help someone cope with the feelings associated with change or loss • To know and identify how to ask for help and support with loss, grief or other aspects of change • To know how balancing time online with other activities helps to maintain their health and wellbeing • To know strategies to manage time spent online and foster positive habits e.g. switching phone off at night • To know what to do and whom to tell if they are frightened or worried about something they have seen online 	
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<p>Growing and changing Human reproduction and birth; increasing independence; managing transitions</p> <p>PoS Refs: H24, H33, H35, H36</p>	<ul style="list-style-type: none"> • To know and recognise some of the changes as they grow up e.g. increasing independence • To know about what being more independent might be like, including how it may feel • To know about the transition to secondary school and how this may affect their feelings • To know about how relationships may change as they grow up or move to secondary school • To know practical strategies that can help to manage times of change and transition e.g. practising the bus route to secondary school • To know identify the links between love, committed relationships and conception • To know what sexual intercourse is, and how it can be one part of an intimate relationship between consenting adults • To know how pregnancy occurs i.e. when a sperm meets an egg and the fertilised egg settles into the lining of the womb • To know that pregnancy can be prevented with contraception² • To know about the responsibilities of being a parent or carer and how having a baby changes someone's life 	
<p>Keeping safe Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media</p> <p>PoS Refs: H37, H42, H46, H47, H48, H49, H50</p>	<ul style="list-style-type: none"> • To know how to protect personal information online • To know and identify potential risks of personal information being misused • To know strategies for dealing with requests for personal information or images of themselves • To know and identify types of images that are appropriate to share with others and those which might not be appropriate • To know that images or text can be quickly shared with others, even when only sent to one person, and what the impact of this might be • To know what to do if they take, share or come across an image which may upset, hurt or embarrass them or others • To know how to report the misuse of personal information or sharing of upsetting content/images online • To know about the different age rating systems for social media, T.V, films, 	

		<p>games and online gaming</p> <ul style="list-style-type: none">• To know why age restrictions are important and how they help people make safe decisions about what to watch, use or play• To know about the risks and effects of different drugs• To know about the laws relating to drugs common to everyday life and illegal drugs• To know and recognise why people choose to use or not use drugs, including nicotine, alcohol and medicines as well as illegal drugs• To know about the organisations where people can get help and support concerning drug use• To know how to ask for help if they have concerns about drug use• To know about mixed messages in the media relating to drug use and how they might influence opinions and decisions	
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