

Heritage Park Primary School

PSHCE Scheme of Work – Year 6

Autumn 1	Spring 1	Summer 1
<p><u>Citizenship</u> <u>Rights, Rules & Responsibilities</u></p> <ul style="list-style-type: none"> • What are the conventions of courtesy & manners and how do these vary? • How does my behaviour online affect others and how can I show respect? • Why is it important to keep my personal information private, especially online? • How can I contribute to making and changing rules in school? • How else can I make a difference in school? • What are the basic rights of children and adults? • Why do we have laws in our country? • How does democracy work in our community and in our country? • What do councils, councillors, parliament and MPs do? • How do I take part in debate, respectfully listening to other people’s views? 	<p><u>Citizenship</u> <u>Working Together</u></p> <ul style="list-style-type: none"> • What are my strengths and skills and how are they seen by others? • What helps me learn new skills effectively? • What would I like to improve and how can I achieve this? • How could my skills and strengths be used in future employment? • What are some of the jobs that people do? • How can I be a good listener to other people? • How can I share my views effectively and negotiate with others to reach agreement? • How can I persevere and help others to do so? • How can I give, receive and act on sensitive and constructive feedback? 	<p><u>Healthy & Safer Lifestyles</u> <u>Managing Safety and Risk</u></p> <ul style="list-style-type: none"> • When might it be good for my mental health for me to take a risk? • What are the possible benefits and consequences of taking physical, emotional and social risks? • When am I responsible for my own safety as I get older and how can I keep others safer? • How can I safely get the attention of a known or unknown adult in an emergency? • Can I carry out basic first aid in common situations, including head injuries? • What are the benefits of cycling and walking on my own and how can I stay safer? • How can being outside support my wellbeing & how do I keep myself safe in the sun? • What are the benefits of using public transport and how can I stay safe near railways? • How can I prevent accidents at school and at home, now that I can take more responsibility?

	<p><u>Economic Wellbeing</u> <u>Financial Capability</u></p> <ul style="list-style-type: none"> • What different ways are there to gain money? • What sort of things do adults need to pay for? • How can I afford the things I want or need? • How can I make sure I get 'value for money'? • Why don't people get all the money they earn? • How is money used to benefit the community or the wider world? • What is poverty? 	<p><u>Healthy & Safer Lifestyles</u> <u>E-Safety</u></p> <ul style="list-style-type: none"> • What are some examples of how I use the internet, the services it offers, and how do I make decisions? • What are the principles for my contact and conduct online, including when I am anonymous? • How can I critically consider my online friendships, contacts and sources of information, and make positive contributions? • How might the media shape my ideas about various issues and how can I challenge or reject these? • Can I explain some ways in which information and data is shared and used online? • How can online content impact on me positively or negatively? • What are my responsibilities for my own and others' mental and physical wellbeing online and how can I fulfil these? • What are some ways of reporting concerns and why is it important to persist in asking? • Can I identify, flag and report inappropriate content?
Autumn 2	Spring 2	Summer 2
<p><u>Myself & My Relationships</u> <u>My Emotions</u></p> <ul style="list-style-type: none"> • How can we make mental wellbeing a normal part of daily life, in the same way as physical wellbeing? • What does it mean to have a 'strong sense of identity' & 'self-respect'? • What can I do to boost my self-respect? • How do I manage strong emotions? • How can I judge if my own feelings and behaviours are appropriate & proportionate? 	<p><u>Healthy & Safer Lifestyles</u> <u>Relationships and Sex Education</u></p> <ul style="list-style-type: none"> • What are different ways babies are conceived and born? • What effect might puberty have on people's feelings and emotions? • How can my words or actions affect how others feel, and what are my responsibilities? • What should adults think about before they have children? 	<p><u>Myself & My Relationships</u> <u>Managing Change</u></p> <ul style="list-style-type: none"> • What positive and negative changes might people experience? • How do people's emotions evolve over time as they experience loss and change? • How can I manage the changing influences and pressures on my friendships and relationships? • What different strategies do people use to manage feelings linked to loss and change and how can I help?

<ul style="list-style-type: none"> • How do I recognise how other people feel and respond to them? • What is loneliness and how can we manage feelings of isolation? • How common is mental ill health and what self-care techniques can I use? • How and from whom do I get support when things are difficult? 	<ul style="list-style-type: none"> • Why might people get married or become civil partners? • What are different families like? 	<ul style="list-style-type: none"> • How might people whose families change feel? • When might change lead to positive outcomes for people? • What positive and negative changes have I experienced and how have these experiences affected me? • What strategies will help me to thrive when I move to my next school?
<p><u>Myself & My Relationships</u></p> <p><u>Anti-bullying</u></p> <ul style="list-style-type: none"> • Can I explain the differences between friendship difficulties and bullying? • Can I define the characteristics and different forms of bullying? • How do people use technology & social media to bully others and how can I help others to prevent and manage this? • What do all types of bullying have in common? • Might different groups experience bullying in different ways? • How can people’s personal circumstances affect their experiences? • How does prejudice sometimes lead people to bully others? • Can I respond assertively to bullying, online and offline? • How might bullying affect people’s mental wellbeing and behaviour? • How and why might peers become colluders or supporters in bullying situations? • Can I identify ways of preventing bullying in school and the wider community? 		