

## YEAR SIX PSHE OVERVIEW

Autumn 1 SEAL: New Beginnings	Autumn 2 SEAL: Getting On & Falling Out (Anti Bullying Week)	Spring 1 SEAL: Going For Goals!	Spring 2 SEAL: Good To Be Me	Summer 1 SEAL: Relationships	Summer 2 SEAL: Changes
<p>SEAL: Feeling welcomed &amp; valued. Creating a community – class values/rewards and sanctions. Strategies to control own feelings. Understanding new situations/transition into Y6.</p> <p>RSE: Feelings, Friendships &amp; Relationships- Strong Feelings, Attraction &amp; Love.</p> <p>DATE: Attitudes &amp; values in society – attitudes, beliefs &amp; stereotyping.</p> <p>HEALTHY LIFESTYLES: Importance of personal hygiene.</p> <p>E SAFETY: See Computing planning.</p>	<p>SEAL: Friendships &amp; Relationships – getting on and falling out. Working in a group – conflict resolution. Understanding &amp; dealing with anger and the consequences of our actions. Seeing another perspective.</p> <p>RSE: Feelings, Friendships &amp; Relationships – Friendships and Diverse Families. Marriage.</p> <p>DATE: Positive ways to face new challenges i.e. transition. Recognising the need to ask for help. First Aid.</p> <p>ANTI BULLYING: ABC Curriculum/ Anti Bullying Week theme.</p> <p>GLOBAL/CITIZENSHIP: Keeping your money safe, credit &amp; debt (financial capability.)</p>	<p>SEAL: Self as a learner Setting achievable goals/ challenges.</p> <p>RSE: Feelings, Friendships &amp; Relationships – Family views and responsibilities. Potential conflict – how to respond to disagreements or arguments.</p> <p>DATE: Make own judgements &amp; decisions – resisting negative peer pressure &amp; keeping safe. Unwanted influences and pressures. Making the right decisions,</p> <p>HEALTHY LIFESTYLES: Fighting disease and improving health.</p> <p>E SAFETY: Internet Safety Day theme and follow up work linked into Computing – see Computing curriculum.</p>	<p>SEAL: Self-acceptance. Understanding own feelings &amp; calming down strategies. Managing worries &amp; anxieties linked to test scores/the SATs and who you can talk to about your worries.</p> <p>RSE: Safety – Stereotypes/challenging stereotypes - the role of the media &amp; safety. Risk Taking.</p> <p>DATE: Confidently express own views &amp; listen to &amp; respect others. Alcohol misuse.</p> <p>ANTI BULLYING: Stranger Danger, Safer strangers, everyday situations and scenarios where you may come into contact with a stranger and what to do.</p> <p>GLOBAL/CITIZENSHIP: World Famine.</p>	<p>SEAL: Friendship &amp; Stereotypes. Understanding embarrassment. Managing feelings.</p> <p>RSE: NSPCC assembly and workshop – different forms of abuse (on a two year cycle).</p> <p>DATE: Knowledge &amp; effects of legal and illegal drugs and associated risks.</p> <p>E SAFETY: See whole school Computing planning</p>	<p>SEAL: Change &amp; feelings of belonging/insecurities. Understanding challenges and feelings to change/transition to High School.</p> <p>RSE: Growing up, puberty, sex education.</p> <p>Real Love Rocks – programme of study.</p> <p><b>Healthy Mind and Body (Wellbeing) Week.</b></p> <p><b>WC: 16<sup>th</sup> July 2018</b></p>

**Please ensure consent/withdrawal forms are sent home for relevant RSE topics.**