

September Focus Unit

<u>Unit</u>	<u>Resources</u>
<u>Unit 1</u> <u>Ourselves, growing and changing</u> H29. about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking.	Kapow Y6 H/W lesson 5
H35. about the new opportunities and responsibilities that increasing independence may bring	
H36. strategies to manage transitions between classes and key stages (KS3 Transition)	Kapow Y6 Individual lesson PSHE Association Mental Health and Emotional Wellbeing lesson plans.
<u>Unit 2</u> <u>Healthy Lifestyles (Keeping Safe)</u> H37. reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and wellbeing with reference to social media.	
H42. about the importance of keeping personal information private; strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others; what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact	
<u>Relationships (Friendships)</u> R18. to recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary in relation to Social Media.	Kapow Y6 safety lesson 3
<u>Relationships (Respecting Self and Others)</u>	Kapow Y6 F/R lesson 1 & 2

R31. to recognise the importance of self-respect and how this can affect their thoughts and feelings	
<u>Living in the Wider World (Media literacy & digital resilience)</u>	
L11. recognise ways in which the internet and social media can be used both positively and negatively	
H37. reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and wellbeing with reference to social media, television programmes, films, games and online gaming	PSHE Association Let's Watch a Film! plans
L13. about some of the different ways information and data is shared and used online, including for commercial purposes	
L14. about how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information	
L15. recognise things appropriate to share and things that should not be shared on social media; rules surrounding distribution of images	
L16. about how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation	Kapow Y6 Identity Lesson 3
<u>Unit 3</u>	Kapow Y6 H/W lesson 1
<u>Living in the Wider World (Economic Wellbeing: Aspirations, work and career)</u>	
L25. to recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes	
L30. about some of the skills that will help them in their future careers e.g. teamwork, communication and negotiation	
<u>Living in the Wider World (Shared Responsibility)</u>	
L1. to recognise reasons for rules and laws; consequences of not adhering to rules and laws	

L3. about the relationship between rights and responsibilities

Year 6 Discrete Lessons

<u>Unit</u>	<u>Objective</u>	<u>Resources</u>
Health and Wellbeing (H) Healthy Lifestyles (Physical Wellbeing)	H7. how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle	
Healthy Lifestyles (Mental Wellbeing)	H15. that mental health, just like physical health, is part of daily life; the importance of taking care of mental health https://peacemakers.org.uk/wp-content/uploads/sites/22/2021/05/junior-peacemakers-workshop-guide-final.pdf	PSHE Association Mental Health and Emotional Wellbeing lesson plans.
	H20. strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations	
	H21. to recognise warning signs about mental health and wellbeing and how to seek support for themselves and others	
	H22. to recognise that anyone can experience mental ill health; that most difficulties can be resolved with help and support; and that it is important to discuss feelings with a trusted adult	
	H24. problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools	

Healthy Lifestyles (Keeping Safe)	H38. how to predict, assess and manage risk in different situations	
	H39. about hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do reduce risks and keep safe (Fire Brigade)	
	H41. strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about (Safety Week)	
	H45. that female genital mutilation (FGM) is against British law, what to do and whom to tell if they think they or someone they know might be at risk	PSHE Association Keeping Safe FGM Guidance lesson
Healthy Lifestyles (Drugs, alcohol and tobacco)	H46. about the risks and effects of legal drugs common to everyday life (Focus on alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break (science) H50. about the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns	Kapow Y6 Safety lesson 1 PSHE Association – KS2 drug & alcohol education lesson plans and resources.
	H47. to recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others	
	H48. about why people choose to use or not use drugs (alcohol and medicines);	
	H49. about the mixed messages in the media about drugs, including alcohol.	
Living in the Wider World (L) Shared Responsibilities	L4. the importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others https://peacemakers.org.uk/wp-content/uploads/sites/22/2021/05/junior-peacemakers-workshop-guide-final.pdf	Kapow Y6 Citizenship lesson 3

	L5. ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices)	Kapow Y5 Citizenship lesson 3 & 5
Living in the Wider World (L) Communities	L8. about diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities https://peacemakers.org.uk/wp-content/uploads/sites/22/2021/05/junior-peacemakers-workshop-guide-final.pdf	Kapow Y5 Citizenship lesson 4 Kapow Y6 Citizenship lesson 5
	L9. about stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes	
	L10. about prejudice; how to recognise behaviours/actions which discriminate against others; ways of responding to it if witnessed or experienced	
Relationships (R) Respecting self and others	R21. about discrimination: what it means and how to challenge it	Kapow Y5 F/R lesson 7 Kapow Y6 F/R lesson 3 & 4
	R32. about respecting the differences and similarities between people and recognising what they have in common with others (link to work on gender)	
Living in the Wider World (L) Economic Wellbeing: Money	L18. to recognise that people have different attitudes towards saving and spending money; what influences people's decisions; what makes something 'good value for money'	Kapow Y5 E/W lesson 1, 2, 4 Kapow Y6 E/W lesson 1 & 2
	L19. that people's spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics, or giving to charity)	
	L23. about the risks involved in gambling; different ways money can be won or lost	Kapow Y5 E/W lesson 3

	through gambling-related activities and their impact on health, wellbeing and future aspirations	Kapow Y6 E/W lesson 3 PSHE Association – Exploring Risk Unit
	L24. to identify the ways that money can impact on people's feelings and emotions	
Relationships (R) Families and Close Positive Relationships	R3. about marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong.	Kapow Y5 F/R lesson 3
	R4. that forcing anyone to marry against their will is a crime; that help and support is available to people who are worried about this for themselves or others	
	R5. that people who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart	
Relationships (R) Managing hurtful behaviour and bullying	R19. about the impact of bullying, focus – online, and the consequences of hurtful behaviour	
	R20. strategies to respond to hurtful behaviour experienced or witnessed, focus – online (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support	
Healthy Lifestyles (Ourselves, growing and changing)	H33. about the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for ¹ (Science)	Kapow Y6 Changing body lessons 5 & 6
	H26. that for some people gender identity does not correspond with their biological sex	Kapow Y6 Identity Lesson 1 Kapow Y6 Identity lesson 2

