

**Year 6**

**Health and Wellbeing, Relationships and Living in the Wider World**

<b>Term 1</b>		<b>Term 2</b>		<b>Term 3</b>	
<p align="center">Mental Wellbeing-based on DVD 'Inside Out', Physical Health and fitness (Links to PE) Healthy Eating (Links to FFT) Health and Prevention</p>	<p align="center">Families, Friendships, Respectful relationships.  Online relationships and Being Safe</p>	<p align="center">Drugs, alcohol and tobacco  (Links to Science)</p>	<p align="center">Health and Prevention (Links to Science)  Basic First Aid  Keeping safe</p>	<p align="center">Economic Wellbeing Basic Finance and My Money  Links to Careers Education</p>	<p align="center">Changing adolescent body/puberty  (Links to Science)</p>
<p>To look at feelings and emotions and how there is a</p>	<p>To understand that families are important and the characteristics of</p>	<p>To understand facts on legal and illegal substances</p>	<p>To look at what positively or negatively affects their physical,</p>	<p>To learn about the different</p>	<p>To know key facts about puberty, changing adolescent body</p>

<p>normal range of emotions that we experience</p> <p>To understand that it is ok to talk about feelings and emotions</p> <p>To recognise conflicting emotions and when to seek help</p> <p>To look at what affects physical, mental and emotional health positively or negatively</p> <p>To recognise 'triggers' and how to seek support</p>	<p>a healthy family life</p> <p>To recognise different types of relationships</p> <p>To recognise unhealthy relationships and who to go to for support</p> <p>To recognise what constitutes a positive, healthy relationship</p> <p>To develop strategies to resolve disputes and conflict through negotiation and appropriate compromise</p>	<p>and associated risks, including smoking, alcohol use and drug taking</p> <p>To understand which, why and how commonly available substances and drugs can damage their immediate and future health and safety.</p> <p>To understand that some substances are restricted, illegal to own,</p>	<p>mental and emotional health</p> <p>To look at suncare and environmental issues</p> <p>To look at importance of sleep</p> <p>To look at all types of personal hygiene</p> <p>To understand how to make emergency call</p> <p>To look at basic first aid-common injuries</p> <p>Links to school rules and health and safety</p>	<p>ways to use money</p> <p>To look at spending decisions and how this can affect others and the environment (Fairtrade, plastic)</p> <p>To look at ways of tracking money</p> <p>To look at the risks associated with money, including gambling</p> <p>To identify that money can impact on people's</p>	<p>(from age 9-11) and menstrual wellbeing</p> <p>To look at main changes in male/female and implications on emotional and physical health</p> <p>To look at the importance of good hygiene routines and how this changes during puberty</p> <p>To understand how emotions change through puberty</p> <p>To look at the process of human reproduction and birth, how babies</p>
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<p>To learn when to ask for help</p> <p>To look at consequences of discrimination and bullying</p> <p>To look at the use of language</p> <p>To look the mental and physical benefits of an active lifestyle</p> <p>To look at what constitutes a healthy diet</p> <p>To learn about protecting their bodies and keeping safe</p>	<p>Recognise different types of bullying and abuse and how to resist it</p> <p>To understand the consequences of discrimination</p> <p>To look at stereotypes and how to challenge them</p> <p>To consider personal boundaries and understand the right to protect their body</p> <p>To look at strategies for keeping safe online</p>	<p>use or give to others</p> <p>To understand how to access support</p>	<p>To look at basic first aid procedures and where to get help</p> <p>To understand allergies, immunisation and vaccination</p>	<p>feelings and emotions</p> <p>To think about achievements, goals and skills</p> <p>To look at a range of the possible jobs and careers available and what they may do</p> <p>To look at stereotypes in the workplace</p> <p>To look at what might influence decisions about jobs and careers, including money paid</p>	<p>are conceived and born</p> <p>To look at where to get help and advice about growing and changing and puberty</p>
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