

## Year 6 Personal, Social, Health and Economic Education

### Core Theme 1: Health and wellbeing

#### Suggested Programme of Study for Health and wellbeing

*Pupils should be taught:*

1. what is meant by a healthy lifestyle
2. how to maintain physical, mental and emotional health and wellbeing
3. how to manage risks to physical and emotional health and wellbeing
4. ways of keeping physically and emotionally safe
5. about managing change, such as puberty, transition and loss
6. how to make informed choices about health and wellbeing and to recognise sources of help with this
7. how to respond in an emergency
8. to identify different influences on health and wellbeing.

**Building on Key Stage 1 and lower Key Stage 2, pupils should have the opportunity to learn:**

- to reflect on and celebrate their achievements, identify their strengths, areas for improvement, set high aspirations and goals
- to recognise that they may experience conflicting emotions and when they might need to listen to their emotions or overcome them
- about change, including transitions (between Key Stages and schools), loss, separation, divorce and bereavement**
- to recognise their increasing independence brings increased responsibility to keep themselves and others safe**
- to recognise when and how to ask for help and use basic techniques for resisting pressure to do something dangerous, unhealthy, that makes them uncomfortable, anxious or that they believe to be wrong**
- how their body will change as they approach and move through puberty
- about human reproduction including conception (and that this can be prevented)
- strategies for keeping physically and emotionally safe including road safety, safety in the environment and safety**

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**online** (including social media, the responsible use of ICT and mobile phones)

□ **the importance of protecting personal information, including passwords, addresses and images**

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## Core Theme 2: Relationships

### Suggested Programme of Study for Relationships

*Pupils should be taught:*

1. how to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts
2. how to recognise and manage emotions within a range of relationships
3. how to recognise risky or negative relationships including all forms of bullying and abuse
4. how to respond to risky or negative relationships and ask for help
5. how to respect equality and diversity in relationships.

**Building on Key Stage 1 and lower Key Stage 2, pupils should have the opportunity to learn:**

- to be aware of different types of relationship, including those between friends and families civil partnerships and marriage**
- to judge what kind of physical contact is acceptable or unacceptable and how to respond**
- that differences and similarities between people arise from a number of factors, including family, cultural, ethnic, racial and religious diversity, age, sex, gender identity, sexual orientation, and disability (see 'protected characteristics' in the Equality Act 2010)
- to realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours (including cyber bullying, use of prejudice-based language, how to respond and ask for help)
- to recognise and manage 'dares'**

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### **Core Theme 3: Living in the wider world – Economic wellbeing and being a responsible citizen**

#### **Suggested Programme of Study for living in the wider world**

*Pupils should be taught:*

1. about respect for self and others and the importance of responsible behaviours and actions
2. about rights and responsibilities as members of families, other groups and ultimately as citizens
3. about different groups and communities
4. to respect equality and to be a productive member of a diverse community
5. about the importance of respecting and protecting the environment
6. about where money comes from, keeping it safe and the importance of managing it effectively
7. how money plays an important part in people's lives
8. a basic understanding of enterprise.

**Building on Key Stage 1 and lower Key Stage 2, pupils should have the opportunity to learn:**

- to develop an initial understanding of the concepts of 'interest', 'loan', 'debt', and 'tax' (e.g. their contribution to society through the payment of VAT)**
- that resources can be allocated in different ways and that these economic choices affect individuals, communities and the sustainability of the environment
- about enterprise and the skills that make someone 'enterprising'
- to explore and critique how the media present information.