

## Year 6 - Progression of Knowledge and Skills PSHE

Term	Knowledge	Skills
<p style="text-align: center;"><b>Autumn 1</b> <b>Topic: Me and My Relationships</b></p>	<ul style="list-style-type: none"> <li>• the term collaborative.</li> <li>• the terms negotiate and compromise</li> <li>• some of the challenges that arise from friendships.</li> <li>• basic emotional needs and understand that they change according to circumstance.</li> <li>• and empathise with patterns of behaviour in peer-group dynamics.</li> <li>• peer influence and pressure.</li> <li>• that everyone has the right to be free to choose who and whether to marry, depending on their age.</li> </ul>	<ul style="list-style-type: none"> <li>• demonstrate a collaborative approach to solving a problem.</li> <li>• discuss when it is necessary to negotiate or compromise in a situation.</li> <li>• discuss strategies to solve friendship problems.</li> <li>• suggest strategies for dealing assertively with a situation where someone under pressure may do something they feel uncomfortable about.</li> <li>• list some assertive behaviours.</li> <li>• describe ways in which people show their commitment to each other.</li> </ul>
<p style="text-align: center;"><b>Autumn 2</b> <b>To Valuing Difference:</b></p>	<ul style="list-style-type: none"> <li>• that bullying and discriminatory behaviour can result from disrespect of people's differences.</li> <li>• that all people are unique but that we have far more in common with each other than what is different about us.</li> <li>• and explain the term prejudice.</li> <li>• the difference between a friend and an acquaintance.</li> <li>• what is meant by the term stereotype.</li> </ul>	<ul style="list-style-type: none"> <li>• suggest ways for dealing with situations as a bystander.</li> <li>• describe positive attributes of my peers.</li> <li>• demonstrate ways of showing respect to others.</li> <li>• describe the benefits of living in a diverse society.</li> </ul>

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		<ul style="list-style-type: none"> <li>describe qualities of a strong, positive, relationship.</li> <li>challenge stereotypical gender portrayals of people.</li> </ul>
<p><b>Spring 1</b> Topic: <b>Keeping Safe</b></p>	<ul style="list-style-type: none"> <li>and describe the ease with which something posted online can spread.</li> <li>how to keep my information private online.</li> <li>what is legal to share online.</li> <li>what is meant by addiction, demonstrating an understanding that addiction is a form of behaviour.</li> <li>and can explain how drugs can be categorised into different groups depending on their medical and legal context.</li> <li>some of the laws relating to drugs and alcohol in this country.</li> </ul>	<ul style="list-style-type: none"> <li>explain why acceptable and respectful behaviour is important face to face and also online.</li> <li>understand that all humans have basic emotional needs and explain some of the ways these needs can be met.</li> <li>discuss how drugs can have both medical and non-medical uses.</li> <li>describe some of the risks and effects of drinking alcohol.</li> </ul>
<p><b>Spring 2</b> Topic: <b>Rights and Respect</b></p>	<ul style="list-style-type: none"> <li>the terms 'fact', 'opinion', 'biased' and 'unbiased', explaining the difference between them.</li> <li>the legal age for having a social media account.</li> <li>what is meant by the term interest. Explain what is meant by living in an environmentally sustainable way.</li> <li>the term democracy.</li> </ul>	<ul style="list-style-type: none"> <li>extract facts from a report.</li> <li>understand why people don't always tell the truth online.</li> <li>discuss different ways in which people save money.</li> <li>suggest ways in which I can live in a more environmentally sustainable way.</li> <li>discuss how laws are made in this country.</li> </ul>

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<p><b>Summer 1</b>  <b>Topic:</b>  <b>Being my Best</b></p>	<ul style="list-style-type: none"> <li>• how to set aspirational goals.</li> <li>• what is meant by health and wellbeing.</li> <li>• and explain the outcomes of risk-taking in a given situation, including emotional risks.</li> <li>• what a risk is.</li> <li>• basic first aid.</li> <li>• what the five ways to wellbeing are.</li> </ul>	<ul style="list-style-type: none"> <li>• discuss ways in which I can achieve my goals.</li> <li>• discuss ways to promote my health and wellbeing.</li> <li>• identify risk factors in a given situation.</li> <li>• explain how a risk can be reduced.</li> <li>• demonstrate basic first aid.</li> <li>• describe how the five ways to wellbeing contribute to a healthy lifestyle.</li> </ul>
<p><b>Summer 2</b>  <b>Topic:</b>  <b>Growing and Changing</b></p>	<ul style="list-style-type: none"> <li>• that fame can be short-lived.</li> <li>• what is meant by the term stereotype.</li> <li>• how the media can influence people's opinions.</li> <li>• the risk of sharing images online.</li> <li>• some of the changes I have experienced and my emotional responses to those changes.</li> <li>• the word puberty.</li> </ul>	<ul style="list-style-type: none"> <li>• identify qualities that people have.</li> <li>• challenge stereotypical portrayals of people.</li> <li>• discuss how people can be peer pressured online.</li> <li>• suggest positive strategies for dealing with change.</li> <li>• suggest ways to help people who feel challenged by puberty.</li> </ul>