**YEAR 6 – PSHE Curriculum**

**Red Links to SCARF**

**Blue Islington on Teacher Secure**

**Autumn 1 - Physical Health & Well Being**

Personal hygiene as we grow older.

Adopting an active lifestyle

Healthy habits

Autumn 2 - **Healthy relationships**

Changing bodies **LESSON ONE Pupils learn about the changes that occur during puberty**

through puberty and keeping our bodies safe Is This Normal?

Mutual respect and friendship within relationships. Respecting differences. OK to be different.

Marriage Don’t Force Me

How to recognise when relationships are making them feel unhappy or unsafe. Pressure Online.

**Spring 1 - Managing risk**

Weighing up risk and peer pressure. **LESSON TWO Pupils learn about recognising and responding to peer pressure.**

Increasing independence and consequences of actions. **LESSON ONE Pupils learn about feelings of being out and about in the local area with increasing independence.**

Online safety and social media. Think before you click. To share or not to share.

Spring 2 - **Keeping our bodies safe**

Drugs, alcohol and tobacco. What sort of drug is…? Drugs: It’s the law! Alcohol: What is normal? **LESSON ONE Pupils learn about the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs.**

Trusted adults around us online (radicalisation)

Online profile Facebook Friends.

**Summer 1 -** **Raising Aspirations Project**

Careers, economic well being, jobs, budgeting. Jobs and taxes.

Online safety/personal presentations

**Summer 2 - Raising Aspirations Project**

Transition & transition projects