Year 6 PSHE & RHE Overview

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|  | Learning Intentions |
|  | Safeguarding Audit  |
| **Module 1: Unit 1** **Religious Understanding**Story Sessions: Calming the Storm | Children will learn that:* We were created individually by God who cares for us and wants us to put our faith in Him.
* Physically becoming an adult is a natural phase of life.
* Lots of changes will happen during puberty and sometimes it might feel confusing, but it is all part of God’s great plan – and the results will be worth it!
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| **Module 1: Unit 2** **Me, My Body, My Health**Session 1: Gifts and Talents | Children will learn that:* Similarities and differences between people arise as they grow and mature
* By living and working together (‘teamwork’) we create community.
* There are many different types of family set up
* Self-confidence arises from being loved by God (not status, etc.)
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| Session 2: Girls’ Bodies  | Children will learn:* That human beings are different to other animals
* About the unique growth and development of humans, and the changes that girls will experience during puberty
* About the need to respect their bodies as a gift from God to be looked after well, and dressed appropriately
* The need for modesty and appropriate boundaries
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| Session 3: Boys’ Bodies  | Children will learn:* That human beings are different to other animals
* About the unique growth and development of humans, and the changes that boys will experience during puberty
* About the need to respect their bodies as a gift from God to be looked after well, and dressed appropriately
* The need for modesty and appropriate boundaries
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| Session 4: Spots and Sleep | Children will learn:* How to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene, avoiding the overuse of electronic entertainment, etc.
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| **Module 1: Unit 3** **Emotional Wellbeing** Session 1: Body Image  | Children will learn:* To recognise that images in the media do not always reflect reality and can affect how people feel about themselves
* That thankfulness builds resilience against feelings of envy, inadequacy etc, and against pressure from peers or the media
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| Session 2: Peculiar Feelings | Pupils will:* Deepen their understanding of the range and intensity of their feelings; that ‘feelings’ are not good guides for action
* Learn that some behaviour is wrong, unacceptable, unhealthy or risky
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| Session 3: Emotional Changes  | Pupils will learn:* That emotions change as they grow up (including hormonal effects)
* To deepen their understanding of the range and intensity of their feelings; that feelings are not good guides for action
* That openness with trusted parents/carers/teachers when worried helps with healthy emotional well-being.
* That beauty, art, etc. can lift the spirit and also contribute to our sense of well-being.
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| Session 4: Seeing Stuff Online | Pupils will learn:* The difference between harmful and harmless videos and images
* The impact that harmful videos and images can have on young minds
* Ways to combat and deal with viewing harmful videos and images
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| **Module 1: Unit 4****Life Cycles**Session 1: Making Babies | Pupils will learn:* How a baby grows and develops in its mother’s womb
* Pregnancy and childbirth are God’s way of giving the gift of life: He creates new life, but entrusts parents with the job of making us
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| Session 2: Menstruation | Children will learn:* About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life
* Some practical ways to manage the onset of menstruation
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| Session 3: Hope Beyond Death | Pupils will learn:* What ‘death’ means
* About some feelings often connected with grief
* What the Christian faith says about death and eternal life
* Some ways to support themselves and others when they are grieving
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| Session 4: Coping with Change + Classroom Shorts | Children will learn:* That there are many emotions and feelings connected with change.
* That gratitude and positivity help build resilience.
* Coping strategies to manage changes.
* That God is always with them.
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| **Module 2: Unit 2****Personal Relationships**Session 1: Build Others Up | Children will learn:* About prejudice, bullying and discrimination: what they mean and how to challenge them.
* About protected characteristics from the Equality Act 2010 such as race, age and disability.
* That everyone is made in the image of God, loved unconditionally by Him, has equal dignity and is deserving of equal respect.
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| **Module 3: Unit 1****Religious Understanding**Session 1: The Holy Trinity | Children will learn that:* God the Father, God the Son and God the Holy Spirit are the three persons of the Holy Trinity.
* The Holy Spirit works through us to share God’s love and goodness with others.
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| Session 2: Catholic Social Teaching  | Children will learn:* The principles of Catholic Social Teaching
* That God formed them out of love, to know and share His love with others
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| **Module 3: Unit 2****Living in the Wider World**Session 1: Reaching Out | Pupils will:* Apply the principles of Catholic Social Teaching to current issues.
* Find ways in which they can spread God’s love in their community.
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| Session 2: Money and Me + Classroom Shorts | Pupils will learn:* There are a wide variety of payment options.
* The importance of budgeting and tracking spending and saving.
* About the hierarchy of needs and other influences on spending choices.
* Some people have more money than others.
* God asks us to be good stewards of our money and resources.
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| The aspects of non-statutory PSHE which are not wholly covered by ‘Life to the Full Plus’ are listed below. These will be taught using resources and lesson plans from the PSHE Association Website. |
| **Citizenship:**Responsibility  | L.2. to recognise there are human rights that are there to protect everyoneL.5.ways of carrying out shared responsibilities for protecting the environment; how food choices can affect the environment |
| **Economic Wellbeing:**Aspirations, Work & Careers | L31. to identify the kind of job that they might like to do when they are olderL32. to recognise a variety of routes into careers e.g. college, apprenticeship, university  |