

## Personal, Social and Health Education (PSHE) Vision Map

### Year 6 – About Me

<b>Crucial Knowledge</b>	<b>Intent</b>
<ul style="list-style-type: none"><li>• Me:<ul style="list-style-type: none"><li>○ Oral hygiene means looking after our teeth and gums by brushing every morning and night.</li><li>○ Eating/drinking sugars and smoking can damage teeth and gums.</li><li>○ The sun can damage our skin even when there are clouds in the sky. It is important to protect our skin.</li><li>○ My brain needs regular breaks from looking at a screen.</li><li>○ It is important to talk about how I feel.</li><li>○ It is normal to feel sad and worried sometimes but if this is every day for over two-weeks, I need to get some help.</li><li>○ Puberty is when the body of a child starts to develop into the body of an adult. The changes are different for males and females.</li><li>○ A baby is made by a male and female.</li></ul></li><li>• Dreams:<ul style="list-style-type: none"><li>○ Everybody is good at something</li><li>○ It is ok to find things difficult.</li><li>○ I can go to college and university to learn more.</li><li>○ People learn things at work.</li></ul></li></ul>	<ul style="list-style-type: none"><li>• Me:<ul style="list-style-type: none"><li>○ Healthy lifestyle:<ul style="list-style-type: none"><li>– good oral hygiene including the impact of lifestyle choices (e.g. sugar and smoking)</li><li>– benefits and risks of sun exposure and how to keep safe</li><li>– strategies for managing time online compared with other activities</li><li>– accessing additional health support</li></ul></li><li>○ Mental health:<ul style="list-style-type: none"><li>– recognise that anyone can experience mental ill health &amp; the importance of support</li><li>– change and loss: how these affect feelings and how to manage grief</li><li>– problem solving strategies; emotions, challenges and change (transition to new schools)</li></ul></li><li>○ Self-care during puberty</li><li>○ Reproduction: how babies are made and born</li><li>○ Independence: opportunities and responsibilities</li></ul></li><li>• Dreams:<ul style="list-style-type: none"><li>○ Positive things about myself</li><li>○ Setting personal goals</li><li>○ Careers:<ul style="list-style-type: none"><li>– aspirations for a career and the pathway</li><li>– recognise different routes to learning (college, apprenticeship, university)</li></ul></li></ul></li></ul>

## Year 6 – Relationships

### Crucial Knowledge

- Me and others:
  - It is important to listen to other people to know how they feel which can help stop or prevent arguments
  - Some friendship can be unsafe.
  - Respect is considering someone else's feeling, opinions and wishes.
- Safety:
  - Acting quickly when someone is hurt can help. This is called first aid.
  - Parts of my body covered by underpants are private
  - I must never play on railway tracks as this is incredibly dangerous.
  - I should call 999 for an emergency only.
  - Dialling 999 will call the police, an ambulance or a fire engine. They will ask for my name, where I am and which emergency service is needed. I should tell them my age.
  - Abuse is when someone is intentionally cruel.
  - These are all types of abuse: physical, sexual, emotional and neglect.
  - Everything I share electronically is stored and able to be found.
  - I don't have to do anything that makes me feel uncomfortable.

### Intent

- Me and others:
  - Disputes, differences and how to resolve them
  - Unsafe friends; how to manage and get support
  - Recognise and model respectful behaviour (on and offline)
  - Self-respect: the importance and impact of self, school and the wider community
  - Respecting others: differences, viewpoints and beliefs and how to respond appropriately
- Safety:
  - Keeping myself safe:
    - first aid for common injuries
    - responding to an emergency situation
    - railway safety
    - types of abuse
    - mixed messages (vaping, alcohol)
    - finding help
  - E-safety:
    - privacy rules and sharing on social media
    - reporting inappropriate content
    - using social media safely
    - cyber-bullying
  - Peer and social pressures

## Year 6 – My World

### Crucial Knowledge

- Community:
  - The environment is everything around us. We should respect and protect this for ourselves and others.
  - Charity is helping others
  - There are five British values. These help us to think about how we treat people in Britain.
- Diversity:
  - Culture is how groups of people behave and things they believe in.
  - There are lots of different cultures around the world.
  - Social justice means fair and equal relations between people.
- My place in the world:
  - People value money differently.
  - Gambling is when you risk money in the hope of winning more.
  - Changes can be a worry but also exciting.

### Intent

- Community:
  - Protecting the environment (at school and home)
  - The school's charity of the year
  - Demonstrating British Values
- Diversity:
  - Different families and cultures around the world
  - Social justice and equality
- My place in the world:
  - *Recap: staying safe online*
  - Money and the way it can make people feel
  - Gambling
  - Responsibility for actions
  - Moving on: next steps to secondary education