

Y6 Personal Development (PSHE / Relationship, Sex and Health Education)	TERM 1A		TERM 2B		TERM 3A		TERM 3B	
	Rules and routines PGL – overnight excursion		Risk taking		Puberty and reproduction		Transition to secondary school First aid – Cardiac arrest Body positivity	
	Key knowledge Rules and routines To know there are rules in the school to help the children remain safe, happy and able to learn.  To know the rules for Year 6 in all areas of the school.  PGL – overnight excursion To know it’s natural to feel anxious and/or excited in preparation for school journey.  To know personal organisation – time management and resources – are extremely important in order to ensure a successful school journey for all.  To know listening to instructions is vitally important, particularly when taking part in an activity involving a harness.  To know our school values will be important at different times over the week (self-belief, responsibility, resilience, integrity, curiosity, responsibility, positivity, empathy, creativity).	Key skills Rules and routines To be able to follow the group plan.  To be able to make expected choices.  To be able to follow the rules of Year 6.  To be able to speak to a trusted adult if they do not feel safe in school or at home.  PGL – overnight excursion To be able to take part in outdoor adventurous activity challenges as part of a team and individually.  To be able to evaluate and recognise their successes.  To be able to celebrate the successes of others and themselves.  To be able to communicate and collaborate as part of a team.  To be able to take safe risks.  To be able to demonstrate the school values.  To be able to identify emotions that they’re feeling.  To be able to display expected behaviours.	Key knowledge Risk taking To know risk taking involves a choice.  To know taking a risk has both positive and negative outcomes in the short and long term.  To know peer pressure means feeling like you have to do something because people around you want you to or expect you to.  To know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.  To know a real friend would not want you to change or do things you don’t feel comfortable doing.  To know a drug is a substance, other than food, which is taken to change the way the body or the mind functions.  To know cigarettes are made up of many harmful substances.  To know effects of smoking and passive smoking.  To know E-cigarettes and vapes also can also have side effects and can harm the body.	Key skills Risk taking To be able to identify and label feelings around risk.  To be able to identify through discussion and research advantages and disadvantages associated with a range of risks, particularly around drugs and alcohol.  To be able to learn how to resist unhelpful pressure.  To be able to support friends when they refuse to give into peer pressure.  To be able to practise saying no and rehearsing ways in which you can avoid giving into peer pressure.	Key knowledge Puberty and reproduction To know there are different types of relationships.  To know being attracted to other people, ‘fancying’ them, having exciting feelings about someone that go beyond friendship – this can all start in puberty.  To know feelings become intense and affect the body in different ways. People can be attracted to others of the same sex/gender or a different sex/gender.  To know what skills are needed to be in a loving and trusting relationship.  To know that consent should be given without force, it is reversible, it should be informed and specific.  To know key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.  To know physical change for girls includes: getting taller, hips widening, pubic hair growing, hair growing on arms and legs, hair growing under armpits, menstruation starting, hair becoming oilier, skin becomes greasier, breasts growing and sweat glands producing more sweat, ovaries start releasing eggs, white discharge comes out of the vagina, masturbation might start.  To know physical changes for boys include: getting taller, skin becoming greasier, pubic hair growing, hair growing on legs, back, arms, chest and under armpits, larynx (voice box) grows, testes, scrotum and penis grow, wet dreams start, testicles ‘drop’, erections start, masturbation might start.  To know hormones can affect people in different ways and change how people think and feel.  To know about menstrual wellbeing including the key facts about the menstrual cycle. Puberty prepares the body for reproduction, but emotional readiness for parenthood comes much later in life. Periods or menstruation is a monthly bleeding	Key skills Puberty and reproduction To be able to explain the main physical and emotional changes that happen during puberty.  To be able to have considered when it is appropriate to share personal/private information in a relationship.  To be able to explain the main physical and emotional changes that happen during puberty.  To be able to ask questions about puberty with confidence.  To be able to explore the impact of puberty on the body and the importance of physical hygiene.  To be able to explore ways to get support during puberty.  To be able to understand that menstruation and wet dreams are a normal part of growing up.  To be able to ask questions about menstruation and wet dreams.  To be able to describe how to manage periods and wet dreams.  To be able to use the correct names for reproductive organs.	Key knowledge Transition to secondary school To know fears are natural when it comes to secondary transition.  To know secondary school is a time where you will experience exciting and new opportunities.  To know it is important to have trusted adults/peers to turn to for help and advice.  First aid – Cardiac arrest To know to call 999 or 112 in an emergency.  To know recap knowledge of DRS ABC (danger, response, shout, airway, breathing, CPR).  To know the heart pumps blood around the body and ensures you have enough oxygen.  To know a heart attack is when blood flow to the heart is blocked.  To know a sudden cardiac arrest is when the heart malfunctions and suddenly stops beating unexpectedly.  Body positivity To know that using social media can influence your thoughts.  To know not everything on social media is true.  To know that people often try to show themselves in a certain way that is not realistic. This could be to get followers or to sell something.  To know that trying to be just like someone else can harm our mental health.  To know we are all unique and special.  Diversity To know diversity means difference and different groups and characteristics should be represented in different situations.  To know equality means fairness and inclusion means being treated equally, regardless of gender, sexuality, race, religion, age or disability.	Key skills Transition to secondary school To be able to identify key feelings associated with anxiety and/or excitement related to transition.  To be able to understand who your trusted adults/peers are.  To be able to learn how to manage worrying situations.  First aid – Cardiac arrest To be able to do DRS ABC.  If the person is not breathing normally, to be able to do CPR: 30 chest compressions, 2 breaths, repeat cycle until help comes or person is breathing.  To be able to carry out a chest compression: kneel next to the person and place the heel of your hand on the breastbone at the centre of their chest. Place the palm of your other hand on top of the hand that’s on their chest and interlock your fingers. Position yourself so your shoulders are directly above your hands. Push down hard.  Body positivity To be able to evaluate the positives and negatives of social media.  To be able to recognise when something might not be as it seems on social media.  Diversity To be able to understand and clarify some key terms relating to diversity and otherness.  To be able to break down stereotypes about what it means to be a boy or a girl.  To be able to explore sexuality and gender with a focus on inclusion and equality.  To be able to develop our understanding and empathy on this topic.  To be aware of people’s differences and learn how to stand up to people.  To be able to research about the different views of gender in different cultures.

					<p>that a girl starts during puberty. A wet dream is when a boy ejaculates sperm from his penis during sleep. It is perfectly normal.</p> <p>To know that as children go through puberty they need to start looking after their personal hygiene more. There are many options for girls when they are menstruating, such as sanitary pads, tampons, menstruation cups and pantyliners. The difference between the vagina, clitoris and vulva. Having a baby is a large responsibility and should only happen when people are ready.</p> <p>To know sex can be for pleasure or reproduction. The children learn key facts about reproduction. There are other ways to have a child, such as adopting, sperm donors, IVF and fostering.</p> <p>To know the age of consent is 16.</p> <p>To know what form of touching is appropriate.</p>		<p>To know the correct definition for gay, lesbian, bisexual, pansexual, homophobic, transition, gender, identity.</p> <p>To know how it can be harmful to assume stereotypes are accurate.</p> <p>To know that the British values are democracy, rule of law, respect and tolerance, individual liberty.</p>	<p>To be able to celebrate our own diversity and what makes us all unique.</p>
	<p><b>Key vocabulary</b> <b>Rules and routines</b> assembly classroom expected behaviour help playground respect routines rules safe transitions trust unexpected behaviour values</p>	<p><b>PGL – overnight excursion</b> anxious celebrate collaboration creativity curiosity empathy expected behaviours integrity kindness listening organisation positivity resilience responsibility risks safety self-belief successes teamwork thoughtfulness</p>	<p><b>Puberty and reproduction</b> change clitoris conception egg emotional erection menstrual cycle ovary penis physical pregnancy pregnant puberty pubic relationship reproduction scrotum semen sperm testicles trust uterus vagina vulva wellbeing wet dreams</p>	<p><b>Risk taking</b> carbon monoxide choice cigarette consequence e-cigarette immune system inhalation peer pressure respect risk</p>	<p><b>Diversity</b> equality homophobia homosexual inclusion lesbian non-binary pansexual relationship transition</p>	<p><b>Transition to secondary school</b> integrity positivity resilience responsibility self-belief transition</p>	<p><b>First aid – Cardiac arrest</b> airways arteries breathing cardiac arrest comfort CPR danger heart heart attack lungs recovery position response shortness of breath shout veins</p>	<p><b>Body positivity</b> advertising beauty standards influence influencer mental health online selfie self-image social media</p>