



# Manor Drive Primary Academy

## PSHE Curriculum

### Year 6

Block One

PSHE  
Relationships: Respecting Self & Others  
Block 1

Power of Listening

- Personal behaviour and attitude can affect others.
- How to listen and respond effectively.
- How we feel when someone really listens to us and acknowledges what we have said.

Listening and Challenging

Respectfully listen to others but raise concerns and challenge points when necessary

- Demonstrate strategies to challenge points of view hear or read about - positive, non-threatening, not personal
- Recognise and care about feelings when responding - why it's our responsibility
- Give reasons why this skill can develop mutual respect
- Use of body language, tone of voice

# PSHE;

## Health and Wellbeing: Physical and Mental Health

### Block 1

#### Growing and Changing

Describe and manage a range of complex or conflicting emotions and feelings:

- Explore your day so far; how many emotions have they experienced?
- Recognise the emotions and the situations that manifest them.
- Emotional vocabulary.
- Identify where to ask for help and support

#### Negative thoughts v. positive thoughts

- Thoughts can be intrusive and not always positive.
- We naturally accept negative thoughts.
- Discuss the 10 cognitive distortions. <https://www.psychologytools.com/resource/unhelpful-thinking-styles/>
- Discuss them; how many do the children recognise that they do.
- (next lesson will revisit and start to reframe)

# PSHE

## Living in the Wider World: Belonging to a Community Block 1

### Valuing diversity

- About diversity; what it means
- The benefits of living in a diverse community
- Valuing diversity within our community.

### Diversity with the community

- Different groups that make up our community
- What living in a community means.
- The contributions that people and groups make the the community.

Relevant to the Manor Drive community e.g. languages, ethnicities represented on the Manor Drive estate including Traveller families.

# Block Two

# PSHE

## Relationships: Safe Relationships

### Block 2

#### Recognise and Manage Pressure

- How to recognise pressure from others to do something unsafe or that makes them feel uncomfortable.
- *Open discussion for children to explore when they have felt pressured to do something, or be involved in something.*
- Strategies for responding. What has worked. What other ideas can they come up with.

#### Consent

- Seeking and giving permission (consent) in different situations:
  - Physical contact.
  - Use of images on social media.
  - Sharing personal information

PSHE;  
Health and Wellbeing: Growing and Changing  
Block 2

Independence

- New opportunities and responsibilities that increasing independence may bring.
- Open a discussion about how they have become more independent; what has changed since year 5? How do they feel about it; is it exciting or scary?
- Taking responsibility;
  - Learning and school
  - Hygiene and routines
  - Choices e.g. social media



## PSHE

### Living in the Wider World: media, literacy & digital media Block 2

#### Trusted media

- Ways in which social media can be positive and negative.
- How to assess the reliability of sources of information online;
  - How to make safe, reliable choices from search results.
- How your data is stored and used.
- How text and images in the media and on social media can be manipulated or invented.
- Strategies to evaluate reliability of sources and identify misinformation.

# Block Three

PSHE  
Relationships: Friends and Family  
Block 3

Healthy Relationships

- Recognise different relationships
  - Friendships, family, romantic and online.
- What constitutes a healthy relationship;
  - Mutual respect, trust, kindness, generosity, support with problems and difficulties).
- How do healthy relationships make us feel.
- Definitions of an unhealthy relationship.
  - Physical abuse, humiliation, unpredictability, fear.
- How to recognise if a relationship is making you feel unhappy or unsafe; and how to seek help/advice

PSHE;  
Health and Wellbeing: Keeping Safe  
Block 3

Keeping personal information safe

- The importance of keeping personal information private.
- Strategies for keeping safe online.
- How to manage requests for personal information or images of themselves and others.

Encourage an open discussion relating to social media use; what they post, the laws, privacy etc.

Strategies for keeping safe online

- What to do if worried or frightened by something seen or read online.
- How to report concerns, inappropriate content and contact.

Open discussion to understand concerns and fears.

Come up with strategies.

PSHE  
Living in the Wider World: Money and Work  
Block 3

Attitudes to Money

- Recognise that people have different attitudes towards saving and spending money;
  - What influences people's decisions.
  - What makes something good value for money.
- Spending decisions based on priorities, needs and wants.
- Different ways to track Money

An activity

- An activity based on prioritising money.
- Could they be given a budget and household bills etc.
- How would they track money and commitments.
- What would they prioritise.

# Block Four

PSHE  
Relationships: Respecting Self & Others  
Block 4

Listening and challenging

Respectfully listen to others but raise concerns and challenge points when necessary

- Demonstrate strategies to challenge points of view hear or read about - positive, non-threatening, not personal
- Recognise and care about feelings when responding - why it's our responsibility
- Give reasons why this skill can develop mutual respect
- Use of body language, tone of voice

Similarities and differences

Factors that make people the 'same' and 'different' and recognise and challenge stereotypes

- Describe range of different factors that make a person's identity
- Identify difference between sex, gender identity and sexual orientation - just one factor of person's identity
- Media stereotyping -how it can lead to prejudice and harm
- Give reasons to challenge stereotypes
- Explain ways to value similarities and differences

# PSHE;

## Health and Wellbeing: Physical and Mental Health

### Block 4

#### Cognitive distortions

- Revisit and discuss.
- Reframe negative thoughts.
- Exercise reframing thoughts.

<https://www.psychologytools.com/resource/unhelpful-thinking-styles/>

#### Recognise the warning signs of low mood:

- Open discussion related to change of feelings within our bodies:
  - Fear, worry, excited, sad, angry
- Strategies that people use...share ideas.
- Websites and charities to contact if you need help.



# PSHE

## Living in the Wider World: Belonging to a Community

### Block 4

#### Stereotypes

- How can stereotypes influence us;
  - Negative attitudes towards others.
  - Influence our behaviour
  - Strategies for challenging stereotypes

*'Consider historical stereotypes that they may be aware of e.g. Jews in WW2'.*

#### Prejudice

- What is prejudice.
- How to recognise behaviours/actions which discriminate.
- Ways of responding to prejudice if witnessed, or experienced.

# Block Five

PSHE  
Relationships: Safe Relationships  
Block 5

Peer Influence

- Strategies for recognising and managing peer influence.
- Desire for peer approval and friendships.
- Recognise the effect of online actions on others.

Personal behaviour and self Respect

- The way our personal behavior can impact other people.
  - Recognise and model respectful behaviour.
- Importance of self respect;
  - How our thoughts and feelings about themselves impact how you treat others, and how they allow others to treat them.
- Self respect and boundaries.

# PSHE;

## Health and Wellbeing: Growing and Changing

### Block 5

#### Puberty

- Physical and emotional changes that happen when approaching and during puberty
  - Menstruation
  - Key facts about menstrual cycle and menstrual cycle
  - Erections and wet dreams
  - Hormones and emotions

#### Reproduction and Sex Education

- Identity the external genitalia and internal reproductive organs in males and females.
- How puberty relates to human reproduction.
- Where to get help and advice about puberty.
- *Sex Education (optional)*
  - *The process of reproduction and birth as part of the human life cycle.*
  - *How babies are conceived and born*

## PSHE

### Living in the Wider World: media, literacy & digital media Block 5

#### Sharing Online

- How information is stored and shared.
- Open discussion related to the platforms used by students:
  - What do they save and share
  - Do they think this is safe
- The rules regarding distributing images
  - People saving/screenshotting images.

#### Digital footprint / imprint:

- Activity around digital imprinting...
- [https://healthpoweredkids.org/wp-content/uploads/2016/11/229415-HPK-boundaries-lesson\\_horizontal\\_FINAL.pdf](https://healthpoweredkids.org/wp-content/uploads/2016/11/229415-HPK-boundaries-lesson_horizontal_FINAL.pdf)
- How to protect their digital footprint/reputation.

Block Six

# PSHE

## Relationships: Friends and Family

### Block 6

#### Romantic Relationships

- Explore the ways that people are attracted to each other
  - Emotionally, romantically and sexually.
- People may be attracted to someone of the same sex or different sex to them.
- Gender identity and sexual orientation are different.
- Marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other. Consented agreement; not forced.
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#### Families

- Recognise different family structure;
  - Single parents, same-sex parents, step parents, blended family, foster parents.
- Positive features of family:
  - Caring, quality time, being there for each other.
- How to recognise if a family relationship is them feel unhappy or unsafe, and how to seek help or advice.

# PSHE;

## Health and Wellbeing: Keeping Safe

### Block 6

#### Legal drugs

- The risks and effects of legal drugs common to everyday life:
  - Cigarettes, vaping, alcohol and medicines
- Their impact on health
- Recognise that drug use can become a habit which can be difficult to break.
- Recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others.

#### Use of drugs

- Why people choose to use or not use drugs (including nicotine, alcohol and medicines).
- Mixed messages in the media about drugs, including alcohol, smoking and vaping.
- Organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns.



PSHE  
Living in the Wider World: Money and Work  
Block 6

Aspirations

- Recognise the positive things about themselves and their achievements; set goals to help achieve personal outcomes.
- Exploration of the skills that will help them in their future careers e.g. team work, communication and negotiation.
- Linking what you good at, and the things you enjoy, with a future career.

Careers - activity.

- Broad range of jobs and careers.
- What might influence people's choice of careers.
- Identify the kind of job they might like to do when they are older.
- Blue sky thinking
  - Brainstorm and research different careers
  - What skills and qualifications might they need.