




PHSEE - Year 6

Concepts		 Relationships	 Keeping Safe	 Identity
Term	Theme	Unit Overview		
Autumn 1	Healthy minds and healthy bodies Setting personal goals Developing positive self-confidence Respecting yourself and respecting others including those of a different gender, race, religion etc	<ol style="list-style-type: none"> 1. Setting goals 2. Rights and responsibilities (UNDHR) 3. Relaxation techniques 1 4. Relaxation techniques 2 5. Helpful and unhelpful thoughts 1 6. Helpful and unhelpful thoughts 2 		
Autumn 2	Anti-bullying and positive relationships Making positive decisions Understanding the consequences of bullying E-safety: cyber bullying and grooming	<ol style="list-style-type: none"> 1. Why should I be good? 2. 'Good' vs 'Good at' 3. The power of good 4. E-safety 		
Spring 1	Safety Staying safe Resisting Temptation Drug education	<ol style="list-style-type: none"> 1. Resisting temptation 2. Decision time 3. Saying no assertively 1 4. Saying no assertively 2 5. Drugs and mental health 		
Spring 2	Managing change Managing strong feelings, including disappointment	<ol style="list-style-type: none"> 1. Managing disappointment- transition 2. Managing dark emotions 		
Summer 1	Living and growing Puberty and reproduction	<ol style="list-style-type: none"> 1. RSE (see RSE Curriculum) 		
Summer 2	Managing change and loss Coping with change and loss Rights, responsibilities and respect in friendships Asking for help	<ol style="list-style-type: none"> 1. When someone we love dies 2. Managing strong feelings linked to change 3. Positive friendships and support networks 		