

Year 6
Health and Wellbeing, Relationships and Living in the Wider World

Term 1	Mental Wellbeing-based on DVD 'Inside Out', Physical Health and fitness (Links to PE), Healthy Eating (Links to FFT) and Health and Prevention	
	<ul style="list-style-type: none"> To look at feelings and emotions and how there is a normal range of emotions that we experience. To understand that it is ok to talk about feelings and emotions. To recognise conflicting emotions and when to seek help. To look at what affects physical, mental and emotional health positively or negatively. To recognise 'triggers' and how to seek support. 	<ul style="list-style-type: none"> To learn when to ask for help. To look at consequences of discrimination and bullying. To look at the use of language. To look the mental and physical benefits of an active lifestyle. To look at what constitutes a healthy diet. To learn about protecting their bodies and keeping safe.
Term 2	Families, Friendships, Respectful relationships, Online relationships and Being Safe	
	<ul style="list-style-type: none"> To understand that families are important and the characteristics of a healthy family life. To recognise different types of relationships. To recognise unhealthy relationships and who to go to for support. To recognise what constitutes a positive, healthy relationship. To develop strategies to resolve disputes and conflict through negotiation and appropriate compromise. Recognise different types of bullying and abuse and how to resist it. 	<ul style="list-style-type: none"> To understand the consequences of discrimination. To look at stereotypes and how to challenge them. To consider personal boundaries and understand the right to protect their body. To look at strategies for keeping safe online. To understand the appropriate use of mobile phones. To look at the importance of protecting personal information. To look at where to go to for help and support.
Term 3	Drugs, alcohol and tobacco (Links to Science)	
	<ul style="list-style-type: none"> To understand facts on legal and illegal substances and associated risks, including smoking, alcohol use and drug taking. To understand which, why and how commonly available substances and drugs can damage their immediate and future health and safety. To understand that some substances are restricted, illegal to own, use or give to others. To understand how to access support. 	
Term 3	Health and Prevention (Links to Science) and Basic First Aid	
	<ul style="list-style-type: none"> To look at what positively or negatively affects their physical, mental and emotional health. To look at sun care and environmental issues. To look at importance of sleep. To look at all types of personal hygiene. 	<ul style="list-style-type: none"> To understand how to make emergency call. To look at basic first aid-common injuries. Links to school rules and health and safety. To look at basic first aid procedures and where to get help. To understand immunisation and vaccination.
Term 3	Economic Wellbeing, Basic Finance and My Money (Links to Careers Education)	
	<ul style="list-style-type: none"> To learn about the role money plays in own and others' lives, including how to manage money and being a critical consumer. To develop an initial understanding of the concepts of interest, loan, debt, and tax. To understand that resources can be allocated in different ways and that economic choices affects individuals and communities. 	
Term 3	Changing adolescent body/puberty (Links to Science)	
	<ul style="list-style-type: none"> To know key facts about puberty, changing adolescent body and menstrual wellbeing. To look at main changes in male/female and implications on emotional and physical health. To understand how emotions change through puberty. To look at human reproduction. 	