UKS2 PSHE Year B (Y6)				
TERM	**UNIT**	**LESSON**	**SKILLS**	**VOCABULARY**
AUTUMN 1	Me and My Relationships	Working together	Demonstrate a collaborative approach to a task; Describe and implement the skills needed to do this.	Cooperation Teamwork
		Let's negotiate	Explain what is meant by the terms 'negotiation' and 'compromise'; Suggest positive strategies for negotiating and compromising within a collaborative task; Demonstrate positive strategies for negotiating and compromising within a collaborative task.	Conflict Resolution Cooperation Teamwork
		Solve the friendship problem	Recognise some of the challenges that arise from friendships; Suggest strategies for dealing with such challenges demonstrating the need for respect and an assertive approach.	Assertiveness Conflict Resolution Falling out Friendship Respect Relationships Education (formerly SRE or RSE) Relationships
		Assertiveness skills (formerly Behave yourself - 2)	List some assertive behaviours; Recognise peer influence and pressure; Demonstrate using some assertive behaviours, through role-play, to resist peer influence and pressure.	Assertiveness Building self -esteem Bullying Responsibility Relationships Education (formerly SRE or RSE) Relationships Communication Skills
		Behave yourself	Recognise and empathise with patterns of behaviour in peer-group dynamics; Recognise basic emotional needs and understand that they change according to circumstance; Suggest strategies for dealing assertively with a situation where someone under pressure may do something they feel uncomfortable about.	Assertiveness Bullying Conflict Resolution Emotional needs Friendship Respect
		Dan's day	Describe the consequences of reacting to others in a positive or negative way; Suggest ways that people can respond more positively to others.	Feelings Friendship Positive relationships
		Don't force me	Describe ways in which people show their commitment to each other; Know the ages at which a person can marry, depending on whether their parents agree;	Diversity Relationships Education (formerly SRE or RSE) LGBT Relationships Law Forced Marriage Arranged Marriage Civil Partnerships Marriage

			Understand that everyone has the right to be free to choose who and whether to marry.	
		Acting appropriately	Recognise that some types of physical contact can produce strong negative feelings; Know that some inappropriate touch is also illegal.	Feelings FGM Safeguarding Relationships Education (formerly SRE or RSE) Keeping Safe Inappropriate Touch Female Genital Mutilation (FGM)
		It's a puzzle	Identify strategies for keeping personal information safe online; Describe safe and respectful behaviours when using communication technology.	Internet Safety
AUTUMN 2	Valuing Difference	OK to be different	Recognise that bullying and discriminatory behaviour can result from disrespect of people's differences; Suggest strategies for dealing with bullying, as a bystander; Describe positive attributes of their peers.	British Values Bullying Respect Tolerance Relationships Education (formerly SRE or RSE) Relationships
		We have more in common than not	Know that all people are unique but that we have far more in common with each other than what is different about us; Consider how a bystander can respond to someone being rude, offensive or bullying someone else; Demonstrate ways of offering support to someone who has been bullied.	Being Different Bullying Diversity Relationships Education (formerly SRE or RSE) LGBT Keeping Safe Gender
		Respecting differences	Demonstrate ways of showing respect to others, using verbal and non-verbal communication.	British Values Diversity Respect Tolerance
		Tolerance and respect for others	Understand and explain the term prejudice; Identify and describe the different groups that make up their school/wider community/other parts of the UK; Describe the benefits of living in a diverse society; Explain the importance of mutual respect for different faiths and beliefs and how we demonstrate this.	Caring Community Racism Respect Tolerance Great get together
		Advertising friendships!	Explain the difference between a friend and an acquaintance; Describe qualities of a strong, positive friendship; Describe the benefits of other types of relationship (e.g. neighbour, parent/carer, relative).	Being Different Building self -esteem Friendship Positive relationships Family Relationships Education (formerly SRE or RSE) Decision Making Relationships

		Boys will be boys? - challenging gender stereotypes	Define what is meant by the term stereotype; Recognise how the media can sometimes reinforce gender stereotypes; Recognise that people fall into a wide range of what is seen as normal; Challenge stereotypical gender portrayals of people.	Building self -esteem Bullying Media influence Stereotypes Relationships Education (formerly SRE or RSE) Relationships Gender Expectations
SPRING 1	Keeping Safe	Think before you click!	Accept that responsible and respectful behaviour is necessary when interacting with others online and face-to-face; Understand and describe the ease with which something posted online can spread.	Safety Internet Safety
		Traffic lights	Identify strategies for keeping personal information safe online; Describe safe behaviours when using communication technology.	Safety Internet Safety Relationships Education (formerly SRE or RSE) Keeping Safe Decision Making
		To share or not to share?	Know that it is illegal to create and share sexual images of children under 18 years old; Explore the risks of sharing photos and films of themselves with other people directly or online; Know how to keep their information private online.	Bullying Internet Safety Relationships Education (formerly SRE or RSE) Keeping Safe Decision Making Relationships Sexting Law
		Rat Park	Define what is meant by addiction, demonstrating an understanding that addiction is a form of behaviour; Understand that all humans have basic emotional needs and explain some of the ways these needs can be met.	Drugs Emotional needs
		What sort of drug is...?	Explain how drugs can be categorised into different groups depending on their medical and legal context; Demonstrate an understanding that drugs can have both medical and non-medical uses; Explain in simple terms some of the laws that control drugs in this country.	Alcohol Drugs Medicines Rules and Laws Smoking
		Drugs: it's the law!	Understand some of the basic laws in relation to drugs; Explain why there are laws relating to drugs in this country.	Alcohol Drugs Medicines Rules and Laws Smoking
		Alcohol: what is normal?	Understand the actual norms around drinking alcohol and the reasons for common misperceptions of these; Describe some of the effects and risks of drinking alcohol.	Alcohol Drugs Social Norms Peer influence
		Joe's story (part 1)	Understand that all humans have basic emotional needs and explain some of the ways these needs can be met; Explain how these emotional needs impact on people's behaviour; Suggest positive ways that people can get their emotional need met. Understand and give examples of conflicting emotions; Understand and reflect on how independence and responsibility go together.	Alcohol Drugs Emotional needs. Risk-taking Smoking Social Norms

		Joe's story (part 2)		Growing up Growing and changing Responsibility Dealing with Change Relationships Education (formerly SRE or RSE) Decision Making Independence
SPRING 2	Rights and Respect	Two sides to every story	Define the terms 'fact', 'opinion', 'biased' and 'unbiased', explaining the difference between them; Describe the language and techniques that make up a biased report; Analyse a report also extract the facts from it.	Media influence Stereotypes
		Fakebook friends	Know the legal age (and reason behind these) for having a social media account; Understand why people don't tell the truth and often post only the good bits about themselves, online; Recognise that people's lives are much more balanced in real life, with positives and negatives.	Being Yourself Building self -esteem Emotional needs Friendship Media influence Social Norms Internet Safety Peer influence Consent Relationships Education (formerly SRE or RSE)
		What's it worth?	Explain some benefits of saving money; Describe the different ways money can be saved, outlining the pros and cons of each method; Describe the costs that go into producing an item; Suggest sale prices for a variety of items, taking into account a range of factors; Explain what is meant by the term interest.	Money Saving
		Jobs and taxes	Recognise and explain that different jobs have different levels of pay and the factors that influence this; Explain the different types of tax (income tax and VAT) which help to fund public services; Evaluate the different public services and compare their value.	Citizenship Community
		Action stations!	Explain what we mean by the terms voluntary, community and pressure (action) group; Describe the aim, mission statement, activity and beneficiaries of a chosen voluntary, community or action group.	Citizenship Caring Environment Responsibility
		Project Pitch (parts 1 & 2)	English Y5 & 6 Writing - composition Draft and write by using further organisational and presentational devices to structure text and to guide the reader [for example, headings, bullet points, underlining]. English Y5 & 6 Writing - transcription Use dictionaries to check the spelling and meaning of words. English Y5 & 6 Writing - transcription Use a Thesaurus.	British Values Democracy
		Happy shoppers	Explain what is meant by living in an environmentally sustainable way; Suggest actions that could be taken to live in a more environmentally sustainable way.	
		Democracy in Britain 1 – Elections		
		Democracy in Britain 2 - How (most) laws are made	Assessment Opportunities	

SUMMER 1	Being My Best	Five Ways to Wellbeing project	Explain what the five ways to wellbeing are; Describe how the five ways to wellbeing contribute to a healthy lifestyle, giving examples of how they can be implemented in people's lives.	Five ways to wellbeing Healthy Lifestyles Physical activity. Mental health - see Meeting the DfE statutory requirements mapping under My SCARF for these
		This will be your life!	Identify aspirational goals; Describe the actions needed to set and achieve these.	Achievement Aspirations Building self - esteem Growth Mindset
		Our recommendations	Present information they researched on a health and wellbeing issues outlining the key issues and making suggestions for any improvements concerning those issues.	Healthy Lifestyles Responsibility
		What's the risk? (1)	Identify risk factors in a given situation; Understand and explain the outcomes of risk-taking in a given situation, including emotional risks.	Risk-taking Safety
		What's the risk? (2)	Recognise what risk is; Explain how a risk can be reduced; Understand risks related to growing up and explain the need to be aware of these; Assess a risk to help keep themselves safe.	
		Basic first aid	Physical Health and Mental Wellbeing (Health Education) Basic first-aid 1. How to make a clear and efficient call to emergency services if necessary. Physical Health and Mental Wellbeing (Health Education) Basic first-aid 2. Concepts of basic first-aid, for example dealing with common injuries, including head injuries.	Relationships Education (formerly SRE or RSE) Keeping Safe Decision Making Independence
SUMMER 2	Growing and Changing	Helpful or unhelpful? Managing change	Recognise some of the changes they have experienced and their emotional responses to those changes; Suggest positive strategies for dealing with change; Identify people who can support someone who is dealing with a challenging time of change.	Responsibility Dealing with Change Family
		I look great!	Understand that fame can be short-lived; Recognise that photos can be changed to match society's view of perfect; Identify qualities that people have, as well as their looks.	Being Yourself Body Image Bullying Growing and changing Media influence Relationships Education (formerly SRE or RSE)
		Media manipulation	Define what is meant by the term stereotype; Recognise how the media can sometimes reinforce gender stereotypes; Recognise that people fall into a wide range of what is seen as normal; Challenge stereotypical gender portrayals of people.	Body Image Building self -esteem Bullying Stereotypes Relationships Education (formerly SRE or RSE) Relationships
		Pressure online	Understand the risks of sharing images online and how these are hard to control, once shared;	

			Understand that people can feel pressured to behave in a certain way because of the influence of the peer group; Understand the norms of risk-taking behaviour and that these are usually lower than people believe them to be.	
		Is this normal?	Define the word 'puberty' giving examples of some of the physical and emotional changes associated with it; Suggest strategies that would help someone who felt challenged by the changes in puberty; Understand what FGM is and that it is an illegal practice in this country; Know where someone could get support if they were concerned about their own or another person's safety.	Body parts Building self -esteem Bullying FGM Growing and changing Puberty Relationships Education (formerly SRE or RSE) Periods Menstruation Female Genital Mutilation (FGM)
		Dear Ash	Explain the difference between a safe and an unsafe secret; Identify situations where someone might need to break a confidence in order to keep someone safe.	Safeguarding Secrets Support networks
		Making babies	Identify the changes that happen through puberty to allow sexual reproduction to occur; Know a variety of ways in which the sperm can fertilise the egg to create a baby; Know the legal age of consent and what it means.	Growing and changing Science Relationships Education (formerly SRE or RSE) Reproduction Relationships Conception IVF Adoption Surrogacy Pregnancy Birth
		What is HIV?	Explain how HIV affects the body's immune system; Understand that HIV is difficult to transmit; Know how a person can protect themself from HIV.	Science Relationships Education (formerly SRE or RSE) Keeping Safe STI HIV Stigma