

PSHE Knowledge Progression

YEAR 6 LEARNING OBJECTIVES

AUTUMN TERM

HEALTH EDUCATION					
1	2 PHYSICAL HEALTH AND FITNESS/HEALTHY EATING	3 PHYSICAL HEALTH AND FITNESS	4 DRUGS, ALCOHOL & TOBACCO	5 DRUGS, ALCOHOL & TOBACCO	6 DRUGS, ALCOHOL & TOBACCO
To set a goal	To recap how to keep ourselves healthy	To explain some of the health benefits of being active.	To learn about the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs	To learn about assessing the level of risk in different situations involving drug use	To learn about ways to manage risk in situations involving drug use

HEALTH EDUCATION		RELATIONSHIPS EDUCATION			HEALTH EDUCATION
7 MENTAL WELLBEING	8	9 RESPECTFUL RELATIONSHIPS	10 RESPECTFUL RELATIONSHIPS	11 RESPECTFUL RELATIONSHIPS	12 INTERNET SAFETY & HARMS
<ul style="list-style-type: none"> • To learn how to talk about mental health and wellbeing • To know who can help us and how to ask for help • To know the difference between a big and a small feeling • To learn how to be a good listener 	To understand how a parliamentary debate takes place in the House of Commons.	To explore ways in which human beings are similar and different	Anti-bullying Week	To understand what trust means when online	To know what to do if they have any concerns about something they experience online

RELATIONSHIPS EDUCATION
13 RESPECTFUL RELATIONSHIPS

To understand the concept of appearance ideals

		RELATIONSHIPS EDUCATION		HEALTH EDUCATION	
1	2	3 RESPECTFUL RELATIONSHIPS	4 RESPECTFUL RELATIONSHIPS	5 MENTAL WELLBEING	6 MENTAL WELLBEING
To know there are a range of salaries for different jobs.	To understand 'value for money'.	To understand stereotypes associated with homelessness	To understand hidden homelessness	UPDATED To learn about mental health; what it means and how we can take care of it	UPDATED To learn about how feelings and emotions are affected and can be managed at changing, challenging or difficult times

RELATIONSHIPS/HEALTH EDUCATION		RELATIONSHIPS EDUCATION			
7 ONLINE RELATIONSHIPS/INTERNET SAFETY & HARMS	7 ONLINE RELATIONSHIPS/INTERNET SAFETY & HARMS	9 BEING SAFE	10 BEING SAFE	11 RESPECTFUL RELATIONSHIP	12 RESPECTFUL RELATIONSHIP
Identify different tactics someone might use to manipulate another person online	Explain what to do if someone tries to pressure or manipulate them	To begin to identify risks and risky behaviour	To begin to identify risks and risky behaviour	To challenge gender stereotypes	To challenge gender stereotypes
RELATIONSHIPS EDUCATION		HEALTH EDUCATION	RELATIONSHIPS EDUCATION	SEX EDUCATION	
1 RESPECTFUL RELATIONSHIPS	2 CHANGING ADOLESCENT BODY	3 RESPECTFUL RELATIONSHIPS	4 SEX EDUCATION	5 SEX EDUCATION	6 RESPECTFUL RELATIONSHIPS/BEING SAFE
To identify the qualities of a good friend	To remind pupils about the physical, emotional and social changes that take place during puberty To dispel any myths about puberty	To know what constitutes a positive healthy relationship To know that relationships change over time	To know the difference between an adult intimate/loving relationship and other types of relationships To know how a baby is made (sexual intercourse)	know how a baby is made and grows (conception and pregnancy) To know what conception and pregnancy are	To understand the difference between a healthy and unhealthy relationship

	To explore some of the concerns people might have during puberty		To know what pregnancy means		
RELATIONSHIPS EDUCATION	HEALTH EDUCATION				
7 RESPECTFUL RELATIONSHIPS/ ONLINE RELATIONSHIPS	8 MENTAL WELLBEING	9 MENTAL WELLBEING	10 MENTAL WELLBEING/ INTERNET SAFETY & HARMs	11 MENTAL WELLBEING/ PHYSICAL HEALTH AND FITNESS	
To explore ways to communicate in a relationship and know when it is appropriate to share personal information To know some of the risks of meeting people online	Be able to: identify the differences between primary and secondary school describe how it might feel to move to secondary school explain different ways of managing change.	To understand how to develop positive self-talk	To learn how to manage screen time and maintain a healthy balance	To learn the importance of good sleep	