

Whitley Abbey Primary School
Year 6 PSHE Curriculum

Autumn			Spring			Summer		
PSHE-	Character Education-	Growth Mindset	PSHE-	Character Education-	Growth Mindset	PSHE-	Character Education-	Growth Mindset
Relationships	Caring Helpfulness Cooperation Courage kindness	What is a growth mindset? Resilience	Living in the wider world	Cleanliness, fairness, friendliness, patience, respect	Reciprocity Resourcefulness	Health and Well being	Courtesy, forgiveness, determination, self-discipline, gratitude, honesty.	Reflection What kind of superhero am I?
Focus			Key knowledge		Core Vocabulary	POP tasks	Links to Curriculum Drivers	Resources/ planning
<p><u>Throughout the year - Mental Health and Wellbeing</u> Mental Health and Keeping Well Managing Challenges and Change Feelings and common anxieties when transitioning to secondary school (Year 6 only)</p> <p>Use of Public Health England materials as needed. https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview</p> <p>Thrive materials and action planning used throughout the year. Individual and class action plans created.</p>			<ul style="list-style-type: none"> explain what is meant by the term 'mental health' identify everyday behaviours that can help to support mental (and physical) health recognise that we can take care of our mental health (as well as our physical health describe what can impact on mental health (life events and circumstances) and how mental wellbeing can be affected. recognise conflicting emotions and when these might be experienced. explain how feelings and emotions change over time identify positive actions to support mental wellbeing during difficult times, including identifying their personal support network. <p>identify feelings people might experience when starting a new school / moving to secondary school (KS3)</p> <ul style="list-style-type: none"> recognise common causes of worry, challenges and opportunities that may be part of this transition identify and evaluate the usefulness and reliability of different sources of support and information available; explain how to access them identify ways to positively manage the move to secondary school (KS3) 		<p>Feeling, emotion, moods, thoughts, body, mind, mental, physical, health, wellbeing, balanced lifestyle events, change, challenge, advice, support, personal network, affirmation transition, hopes, fears, challenges, concerns, worries, anxieties, strategies, support</p>		Well being	<p>PSHE Association – Mental Health and wellbeing lessons (KS1) – see link below</p>

Autumn					
<p><u>PSHE/RSE: Relationships</u> Families and Friendships Safe relationships – Respecting ourselves and others –</p> <p>NSPCC Making Sense of Relationships</p>	<p>Families and Friendships – Attraction to others; romantic relationships; civil partnerships and marriage. Safe relationships – recognising and managing pressure; consent in different situations. Respecting ourselves and others – Expressing opinions and respecting other points of view, including discussing topical issues.</p>			<p>Well being Community</p>	<p>PSHE Association Thematic Model – see link below.</p> <p>NSPCC Making Sense of Relationships – see link below</p>
<p><u>Character Education</u> An introduction to our Whitley Core Values and their characters – kindness, friendship, courage, honesty, gratitude and resilience. Caring – Helpfulness – Cooperation – Courage – National Kindness Week –</p>	<p>An introduction to our Whitley Core Values and their characters – kindness, friendship, courage, honesty, gratitude and resilience. Caring – Caring for our world. Helpfulness – How would you help? Cooperation – Coaching younger children. Courage – Heroes The Knightly Virtues. National Kindness Week – What would a kind school look like?</p>		<p>Knightly Virtues Journal</p>	<p>Community Well being</p>	<p>Jubilee Centre for Character Education – see link below.</p>
<p><u>Growth Mindset</u> Autumn 1 What is growth mindset? Year group focus lessons: Autumn 2 Professor Resilience Managing distractions; recognising and reducing interruptions Perseverance; stickability</p>	<p>Autumn 1 Year group focus: Don't say....Say...' Diamond Minds Barriers to learning Brain v calculator Mathematical mistakes Learning pathways. Autumn 2 Whole school assembly and cross curricular focus: Resilience: Professor Resilience (Being ready, willing able to lock on to learning.) Upper KS2 focus: <i>(review previous skills) Managing distractions; recognising and reducing interruptions</i> <i>Perseverance; stickability</i> <i>Absorption; the pleasure of being rapt in learning.</i> Noticing; really sensing what's out there.</p>			<p>Love of learning Well being</p>	
Spring					
<p><u>PSHE/RSE: Living in the Wider World</u> Belonging to a community –</p>	<p>Living in the Wider World Belonging to a community – Valuing diversity; challenging discrimination and stereotypes. Media literacy and digital resilience – Evaluating media sources; sharing things online.</p>			<p>Community Well being Possibilities</p>	<p>PSHE Association Thematic Model – see link below.</p>

<p>Media literacy and digital resilience – NSPCC Share Aware – Online Safety</p> <p>Money and Work –</p>	<p>Money and Work – Influences and attitudes to money; money and financial risks.</p>				<p>NSPCC Share Aware – see link below.</p>
<p>Character Education Cleanliness Fairness Friendliness Service Project Patience Respect</p>	<p>Cleanliness – Clean up your act. Fairness – Justice. Friendliness – Developing friendships that last. Service Project – Keeping company in the community. Patience – Let me teach you! Respect – Human rights.</p>		<p>Reflection Writing</p>	<p>Well being Community</p>	<p>Jubilee Centre for Character Education – see link below.</p>
<p>Growth Mindset Spring 1 Whole school assembly and cross curricular focus: Resourcefulness: Doctor Resourceful (being ready, willing and able to learn in different ways.) Spring 2 Whole school assembly and cross curricular focus: Reciprocity: Reciprocity Ranger (being ready, willing and able to learn alone and with others)</p>	<p><u>Spring 1</u> Upper KS2 focus: <i>(review previous skills) Questioning; getting below the surface Imagining; using your mind’s eye Reasoning; thinking rigorously and methodically.</i> Making links; seeking coherence, relevance and meaning. Capitalising; making good use of resources. Upper KS2 focus: <u>Spring 2</u> <i>(review previous skills) Collaboration; the skill of learning with others Interdependence; balancing self-reliance and sociability. Imitation; picking up others’ habits and values.</i> Empathy and listening; getting inside others’ minds</p>			<p>Love of learning. Community</p>	
<p>Summer</p>					
<p>PSHE/RSE: Health and Wellbeing Physical health and Mental Wellbeing – Growth and changing – Keeping Safe –</p>	<p>Health and Wellbeing Physical health and Mental Wellbeing – What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online. Growth and changing – Human reproduction and birth; increasing independence; managing transition. Keeping Safe – Keeping personal information safe; regulations and choices; drug use and the media.</p>			<p>Wellbeing</p>	

<p>Character Education</p> <p>Courtesy –</p> <p>Forgiveness –</p> <p>Determination</p> <p>Self-discipline –</p> <p>Gratitude –</p> <p>Honesty –</p>	<p>Courtesy – The Knightly Virtues</p> <p>Forgiveness – Solving conflicts fairly/Problem solving: solution focused approach.</p> <p>Determination – Soldiering on/Achieving your potential</p> <p>Self-discipline – e-safety:cyber bullying/being SMART online.</p> <p>Gratitude – Reflecting on gratitude</p> <p>Honesty – The Knightly Virtues: El Cid.</p>		<p>Reflection writing</p>	<p>Love of learning Community</p>	<p>Jubilee Centre for Character Education – see link below.</p>
<p>Summer 1 Growth Mindset Whole school assembly and cross curricular focus: Reflectiveness: Captain Reflective Summer 2</p> <p>What kind of a super-hero am I?</p>	<p>Summer 1 Upper KS2 focus: <i>(review previous skills) Planning; working learning out in advance Revising; monitoring and adapting along the way.</i> Distilling; drawing out the lessons from experience Meta-learning; understanding learning and yourself as a learner.</p> <p>Summer 2 What kind of a super-hero am I?</p>		<p>What Kind of Super-hero am I?</p>	<p>Love of learning</p>	

PSHE Association Thematic Model

https://www.pshe-association.org.uk/system/files/2.%20Primary%20Programme%20Builder%20-%20Thematic%20model_1.pdf

PSHE Association Mental Health and Wellbeing

<https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-lesson-plans>

Jubilee Centre for Character Education

<https://www.jubileecentre.ac.uk/1635/character-education>

NSPCC Share Aware

<https://learning.nspcc.org.uk/research-resources/schools/share-aware-teaching>

NSPCC Making Sense of Relationships

<https://learning.nspcc.org.uk/research-resources/schools/making-sense-relationships>

Public Health England Rise Above Website.

<https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview>