

Year 6

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Mental health and wellbeing</p> <p>This unit revisits and builds on prior learning about mental health, helping pupils to explore strategies that support wellbeing – including in the context of the transition to secondary school.</p> <p>Suggested lessons:</p> <p><u>Foundations for Wellbeing – Y6</u></p> <p>L1: Regulating emotions L2: Managing distraction L3: Developing positive thinking habits L4: Managing rumination and worry L5: Managing stress</p> <p><u>Change, loss and grief – Y5-6</u></p> <p>L3: How do people manage loss and support each other?</p> <p>Beyond Gender Stereotypes</p>	<p>Managing money and online spending</p> <p>This unit explores economic wellbeing and online financial harms (incorporating elements of statutory RSHE) – including targeted advertising and other influences on online spending.</p> <p>Suggested lessons:</p> <p><u>Money and wellbeing – Y6</u></p> <p>L1: Money and emotional wellbeing L2: Being a critical consumer</p> <p><u>Exploring risk in relation to gambling – KS2</u></p> <p>L2: Chancing it!</p> <p><u>Online financial harms – KS2</u></p> <p>L1: Spending influences L2: Wellbeing and support</p>	<p>Changes in puberty (and sex education*)</p> <p>This unit builds pupils' understanding of how to manage the changes that occur during puberty, including increased independence and new sleep patterns.</p> <p>Suggested lessons:</p> <p><u>Midway: Changing and growing up – Y6</u></p> <p>L1: Puberty recap L2: Puberty – change and becoming independent L3: Positive, healthy relationships L4: How a baby is made*</p> <p><u>The sleep factor – KS2</u></p> <p>L1: Getting a good night's sleep</p> <p><small>*The parental right to withdraw applies to sex education.</small></p>	<p>Drug education: assessing risk and managing influences</p> <p>This unit covers legal and illegal drugs, and the risks and effects of legal and illegal drug use.</p> <p>Suggested lessons:</p> <p><u>Drug education – Y5-6</u></p> <p>L1: Medicines L2: Legal and illegal drugs L3: Influences and pressure L4: Tobacco, vaping and alcohol in the media</p>	<p>Developing our AI literacy</p> <p>This unit introduces different types of AI, including generative AI, and explores the opportunities, challenges and risks associated with its use.</p> <p>Suggested lessons:</p> <p><u>Understanding AI: Rights, safety and wellbeing lessons</u></p> <p>L1: What is AI? L2: How does AI affect our rights? L3: What is an AI chatbot?</p> <p><u>Home office – Digital deception: Understanding deepfakes – Y5-6</u></p> <p>L1: The impact of generative AI L2: The ethics of AI images</p> <p><u>Pick your pics – Y5-6</u></p> <p>L1: Pick your pics</p>	<p>Looking to the future</p> <p>This unit explores career-related learning (including different career pathways) and supports pupils to prepare for the transition to secondary school.</p> <p>Suggested lessons:</p> <p><u>The Careers and Enterprise Company: Careers explorers – KS2</u></p> <p>L1: Job skills L2: Choosing a career L3: Career routes</p> <p><u>Embracing change and new challenges – Y6</u></p> <p>L1: Moving to secondary school</p>

Our schools deliver statutory and additional PSHE and RSHE content in ways that are appropriate for pupils' ages and stages of development. We follow a spiral curriculum, meaning key themes are revisited regularly so that learning is reinforced and deepened over time.

Many topics appear in each year group, but always in an age-appropriate way. This approach builds on pupils' existing knowledge and prepares them confidently for the next stage in their personal development.