

Year 6 PSHE Summer term outline: Health and wellbeing			
Theme	Lesson	Learning outcome	Key questions
Physical health and mental wellbeing	1	<i>To learn that mental health is just as important as physical health and that both need looking after. To recognise that anyone can be affected by mental ill-health and that difficulties can be resolved with help and support and how negative experiences such as being bullied or feeling lonely can affect mental wellbeing.</i>	How can mental health be affected?
	2	<i>To learn positive strategies for managing feelings and how feelings can often be helpful, whilst recognising that they sometimes need to be overcome – and that help and support is available.</i>	What are some strategies for positively managing our feelings?
	3	<i>To learn to identify where they and others can ask for help and support with mental wellbeing in and outside school and the importance of asking for support from a trusted adult.</i>	Who can I ask for help and support?
	4	<i>To learn that changes in life, including death, can mean people experience feelings of loss or grief and how to ask for help and support with loss, grief or other aspects of change.</i>	How can we understand feelings of loss and grief?
	5	<i>To learn how balancing time online with other activities helps to maintain their health and wellbeing, strategies to manage time spent online and foster positive habits e.g. switching phone off at night what to do and whom to tell if they are frightened or worried about something they have seen online.</i>	How can we manage our time spent online?
Growing and changing	6	<i>To learn how transitioning to secondary school may affect their feelings about how relationships may change as they grow up or move to secondary school and practical strategies that can help to manage times of change and transition e.g. practising the bus route to secondary school.</i>	What can be expected when transitioning to secondary school?
	7	<i>To learn about becoming more independent including how they may feel about the transition to secondary school.</i>	How can we become more independent?
	8	<i>To learn identify the links between love, committed relationships and conception. What sexual intercourse is, and how it can be one part of an intimate relationship between consenting adults. How pregnancy occurs i.e. when a sperm meets an egg and the fertilised egg settles into the lining of the womb. About the responsibilities of being a parent or carer and how having a baby changes someone's life.</i>	How are babies made?
Keeping safe	9	<i>To learn how to protect personal information online, to identify potential risks of personal information being misused and strategies for dealing with requests for personal information or images of themselves.</i>	How should we manage and protect personal information online?
	10	<i>To learn to identify types of images that are appropriate to share with others and those which might not be appropriate.</i>	What images are appropriate to share?
	11	<i>To learn that images or text can be quickly shared with others, even when only sent to one person, and what the impact of this might be. What to do if they take, share or come across an image which may upset, hurt or embarrass them or others and how to report the misuse of personal information or sharing of upsetting content/images online.</i>	What can be the impact of sharing images online?
	12	<i>To learn about the different age rating systems why they are important and how they help people make safe decisions about what to watch, use or play.</i>	Why are age restrictions important?