



## Year 6 PSHE & RSE Curriculum Map

Autumn 1		Spring 1		Summer 1	
<b>Lesson 1</b>	<b>Meet your brain:</b> <ul style="list-style-type: none"> <li>We will be learning all about our brain and how it works. We will be learning about how our feelings impact our brain.</li> </ul>	<b>Lesson 1</b>	<b>Appreciate:</b> <ul style="list-style-type: none"> <li>We are learning about the importance of gratitude.</li> <li>We are learning to be grateful for ourselves, others and experiences.</li> </ul>	<b>Lesson 1</b>	<b>Engage:</b> <ul style="list-style-type: none"> <li>We are recapping on all of the strategies that we have learnt to help us to feel our best.</li> <li>We are starting to review how effectively we are using these habits and how we can use them even more.</li> </ul>
<b>Lesson 2</b>	<b>Meet your brain:</b> <ul style="list-style-type: none"> <li>We will be learning about different ways to look after our brains so we can be our best selves.</li> </ul>	<b>Lesson 2</b>	<b>Appreciate:</b> <ul style="list-style-type: none"> <li>We are learning how to establish an Attitude of Gratitude and how it can help us to be the best that we can be.</li> <li>We are learning how to practise sharing gratitude with others and the positive effects this has on our wellbeing.</li> </ul>	<b>Lesson 2</b>	<b>Engage:</b> <ul style="list-style-type: none"> <li>We are reviewing how to help ourselves feel good and do good.</li> <li>We are learning about how Goal Setting can help us to achieve even more.</li> </ul>
<b>Lesson 3</b>	<b>Meet your brain:</b> <ul style="list-style-type: none"> <li>We are learning how to develop healthy habits to look after our mind.</li> </ul>	<b>Lesson 3</b>	<b>Making Babies:</b> <ul style="list-style-type: none"> <li>How a baby grows and develops in its mother's womb.</li> <li>Pregnancy and childbirth are God's way of giving the gift of life.</li> </ul>	<b>Lesson 3</b> (Transition)	<b>Celebrate:</b> <ul style="list-style-type: none"> <li>We are learning what character is.</li> <li>We are learning why character matters.</li> <li>We are learning to define our own character.</li> </ul>
<b>Lesson 4</b>	<b>Seeing stuff online:</b> <ul style="list-style-type: none"> <li>The difference between harmful and harmless videos and images</li> <li>The impact that harmful videos can have on your mind</li> <li>Ways to deal with viewing harmful videos and images</li> </ul>	<b>Lesson 4</b>	<b>Making Babies:</b> <ul style="list-style-type: none"> <li>Basic scientific facts about sexual intercourse between a man and a woman.</li> <li>The physical, emotional, moral and spiritual implications of sexual intercourse.</li> <li>The Christian viewpoint that sexual intercourse should be saved for marriage.</li> </ul>	<b>Lesson 4</b> (Transition)	<b>Celebrate:</b> <ul style="list-style-type: none"> <li>We are learning to look at our strengths in more detail.</li> <li>We are learning more about strengths mean and how we use them.</li> <li>We are learning to use new tools to reinforce our strengths.</li> </ul>

Lesson 5	<b>Body image:</b> <ul style="list-style-type: none"> <li>To recognise that images in the media do not always reflect reality and can affect how people feel about themselves</li> <li>Thankfulness builds resilience against feelings of envy, inadequacy etc and against pressure from peers or the media</li> </ul>	Lesson 5	<b>The world of work:</b> <ul style="list-style-type: none"> <li>Learn about the process of getting a job and consider factor that influence job choices</li> <li>Understand how stereotyping can affect work aspirations and learn to challenge such attitudes</li> <li>Consider jobs in different sectors, reflecting on their own job aspirations</li> </ul>	Lesson 5 (Transition)	<b>Celebrate:</b> <ul style="list-style-type: none"> <li>We are learning how to grow our strengths.</li> <li>We are learning strategies to develop certain strengths.</li> </ul>
		Lesson 6	<b>Money and Me:</b> <ul style="list-style-type: none"> <li>There are a wide variety of payment options</li> <li>The importance of budgeting and tracking spending and saving</li> <li>The hierarchy of needs and other influences on spending choices</li> <li>Some people have more money than others</li> </ul> God asks us to be good stewards of our money and resources		
<b>Autumn 2</b>		<b>Spring 2</b>		<b>Summer 2</b>	
Lesson 1	<b>Celebrate:</b> <ul style="list-style-type: none"> <li>We are learning all about what character is.</li> <li>We are learning about our Character Strengths and how we can use them to be at our best.</li> </ul>	Lesson 1	<b>Relate:</b> <ul style="list-style-type: none"> <li>We are learning how to have good relationships with others.</li> <li>We are learning all about Active Listening and how to use it to build relationships with others.</li> </ul>	Lesson 1 (Transition)	<b>Appreciate:</b> <ul style="list-style-type: none"> <li>We are learning what gratitude is.</li> <li>We are learning why gratitude matters.</li> <li>We are learning how to establish gratitude habits.</li> </ul>
Lesson 2	<b>Celebrate:</b> <ul style="list-style-type: none"> <li>We are learning about each of the Virtues and Character Strengths.</li> <li>We are learning about our own strengths and which ones we would like to grow.</li> </ul>	Lesson 2	<b>Relate:</b> <ul style="list-style-type: none"> <li>We are learning how understanding our Character Strengths can help us to get along with and relate to others.</li> </ul>	Lesson 2 (Transition)	<b>Appreciate:</b> <ul style="list-style-type: none"> <li>We are learning how we can use gratitude to support us through transitions.</li> <li>We are learning to build our Gratitude Character Strength.</li> </ul>
Lesson 3	<b>Girls Bodies / Boys bodies:</b> <ul style="list-style-type: none"> <li>Human beings are different to other animals</li> </ul>				

	<ul style="list-style-type: none"> <li>Learn about the unique growth and development of humans, and the changes that girls experience during puberty</li> <li>About the need to respect their bodies as a gift from God to be looked after well, and dressed appropriately</li> <li>The need for modesty and appropriate boundaries.</li> <li>Human beings are different to other animals</li> <li>Learn about the unique growth and development of humans, and the changes that girls experience during puberty</li> <li>About the need to respect their bodies as a gift from God to be looked after well, and dressed appropriately</li> <li>The need for modesty and appropriate boundaries.</li> </ul>				
<b>Lesson 4</b>	<b>Spots and sleep:</b> <ul style="list-style-type: none"> <li>How to make good choices that have an impact on their health</li> </ul>	<b>Lesson 3</b> (Transition)	<b>Meet your brain:</b> We are learning why it is important to understand how our brains work. <ul style="list-style-type: none"> <li>We are learning to understand the key parts of the brain.</li> <li>We are learning what happens in our brain when we experience different emotions.</li> </ul>	<b>Lesson 3</b> (Transition)	<b>Relate:</b> <ul style="list-style-type: none"> <li>We are learning how we make friends.</li> <li>We are learning what matters in friendships.</li> <li>We are learning how our strengths can help us make friends and keep friends.</li> </ul>
<b>Lesson 5</b>	<b>Menstruation:</b> <ul style="list-style-type: none"> <li>The nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life</li> <li>Some practical ways to manage the onset of menstruation</li> </ul>	<b>Lesson 4</b> (Transition)	<b>Meet your brain:</b> <ul style="list-style-type: none"> <li>We are learning how we can deepen our understanding of what is going on in our brains.</li> <li>We are learning how to manage our thoughts.</li> <li>We are learning to develop strategies for managing our emotions.</li> </ul>	<b>Lesson 4</b> (Transition)	<b>Relate:</b> <ul style="list-style-type: none"> <li>We are learning what friendships are.</li> <li>We are learning how friendships are formed.</li> <li>We are learning why friendships are so meaningful.</li> </ul>
<b>Lesson 6</b>	<b>Types of abuse:</b> <ul style="list-style-type: none"> <li>To judge well what kind of physical contact is acceptable</li> </ul>	<b>Lesson 5</b> (Transition)	<b>Meet your brain:</b> <ul style="list-style-type: none"> <li>We are learning to manage our brains in times of stress.</li> </ul>	<b>Lesson 5</b> (Transition)	<b>Engage:</b> <ul style="list-style-type: none"> <li>We are learning what it takes to feel good.</li> </ul>

	<p>or unacceptable and how to respond</p> <ul style="list-style-type: none"> <li>• That abuse violates the rights of children</li> <li>• That there are different people we can trust for help, especially those closest to us who care for us, including parents, teachers and priests</li> </ul>		<ul style="list-style-type: none"> <li>• We are learning to use strategies to help us when we are feeling worried. We are learning how our brains can help us.</li> </ul>		<ul style="list-style-type: none"> <li>• We are learning that how we feel affects what we achieve.</li> <li>• We are learning how to set goals.</li> </ul>
				<p><b>Lesson 6</b> (Transition)</p>	<p><b>Engage:</b></p> <ul style="list-style-type: none"> <li>• We are learning to use Goal Setting to support us through transitions.</li> <li>• We are learning to develop Goal Setting skills and work towards key goals.</li> <li>• We are learning to make links between Goal Setting and building your strengths.</li> </ul>

- PSHE – My Happy Mind
- PSHE – Ten Ten Life to the Full Plus (PSHE)
- RSE – Ten Ten Life to the Full (RSE)