



Year 6 PSHE & RSE Curriculum Map

Autumn 1		Spring 1		Summer 1	
Lesson 1	Meet your brain: We are learning why it is important to understand how our brains work. We are learning to understand the key parts of the brain. We are learning what happens in our brain when we experience different emotions.	Lesson 1	Appreciate: - We are learning what gratitude is. - We are learning why gratitude matters. - We are learning how to establish gratitude habits.	Lesson 1	Engage: - We are learning what it takes to feel good. - We are learning that how we feel affects what we achieve. - We are learning how to set goals.
Lesson 2	Meet your brain: - We are learning how we can deepen our understanding of what is going on in our brains. - We are learning how to manage our thoughts. We are learning to develop strategies for managing our emotions.	Lesson 2	Appreciate: - We are learning how we can use gratitude to support us through transitions. - We are learning to build our Gratitude Character Strength.	Lesson 2	Engage: - We are learning to use Goal Setting to support us through transitions. - We are learning to develop Goal Setting skills and work towards key goals. - We are learning to make links between Goal Setting and building your strengths.
Lesson 3	Meet your brain: - We are learning to manage our brains in times of stress. - We are learning to use strategies to help us when we are feeling worried. We are learning how our brains can help us.	Lesson 3	Seeing stuff online: - The difference between harmful and harmless videos and images - The impact that harmful videos can have on your mind - Ways to deal with viewing harmful videos and images	Lesson 3	Build others up - About prejudice, bullying and discrimination: what they mean and how to challenge them. - About protected characteristics from the Equality Act 2010 such as race, age and disability. - That everyone is made in the image of God, loved unconditionally by Him, has equal dignity and is deserving of equal respect.

Lesson 4	Gifts and Talents - Similarities and differences between people arise as they grow and mature - By living and working together ('teamwork') we create community. - There are many different types of family set up - Self-confidence arises from being loved by God (not status, etc.)	Lesson 4	Sharing isn't always caring - To recognise that their increasing independence brings increased responsibility to keep themselves and others safe - How to use technology safely - That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others - How to report and get help if they encounter inappropriate materials or messages	Lesson 4	Impacted lifestyles - About the effect that a range of substances including drugs, tobacco and alcohol can have on the body. - How to make good choices about substances that would have an impact on their health. - That our bodies are created by God, so we should take care of them and be careful about what we consume.
Lesson 5	Spots and sleep: How to make good choices that have an impact on their health	Lesson 5	Types of abuse: - To judge well what kind of physical contact is acceptable or unacceptable and how to respond - That abuse violates the rights of children - That there are different people we can trust for help, especially those closest to us who care for us, including parents, teachers and priests		
Autumn 2		Spring 2		Summer 2	
Lesson 1	Celebrate: - We are learning how to grow our strengths. - We are learning strategies to develop certain strengths.	Lesson 1	Relate: - We are learning how we make friends. - We are learning what matters in friendships. - We are learning how our strengths can help us make friends and keep friends.	Lesson 1	The world of work: - Learn about the process of getting a job and consider factor that influence job choices - Understand how stereotyping can affect work aspirations and learn to challenge such attitudes - Consider jobs in different sectors, reflecting on their own job aspirations

Lesson 2	Body image: - To recognise that images in the media do not always reflect reality and can affect how people feel about themselves - Thankfulness builds resilience against feelings of envy, inadequacy etc and against pressure from peers or the media	Lesson 2	Relate: - We are learning what friendships are. - We are learning how friendships are formed. - We are learning why friendships are so meaningful.	Lesson 2	Money and Me: - There are a wide variety of payment options - The importance of budgeting and tracking spending and saving - The hierarchy of needs and other influences on spending choices - Some people have more money than others God asks us to be good stewards of our money and resources
Lesson 3	Emotional changes - That emotions change as they grow up (including hormonal effects) - To deepen their understanding of the range and intensity of their feelings; that feelings are not good guides for action - That openness with trusted parents/carers/teachers when worried helps with healthy emotional well-being. - That beauty, art, etc. can lift the spirit and also contribute to our sense of well-being.	Lesson 3	Under pressure - Pressure comes in different forms, and what some of those different forms are - There are strategies that they can adopt to resist pressure		
Lesson 4	Coping with changes - That there are many emotions and feelings connected with change. - That gratitude and positivity help build resilience. - Coping strategies to manage changes. - That God is always with them.	Lesson 4	Self-talk - Learn about how thoughts and feelings impact on actions, and develop strategies that will positively impact their actions - Apply this approach to personal friendships and relationships	Lesson 3	Making babies 1 - How a baby grows and develops in its mother's womb - Pregnancy and childbirth are God's way of giving the gift of life: He creates new life, but entrusts parents with the job of making us
		Lesson 5	Confidence and control Recognise the difference between being assertive and being controlling in relationships, and	Lesson 4	Making babies 2 Basic scientific facts about sexual intercourse between a man and woman

			between being kind and ignoring your own needs. • Communicate needs and feelings clearly and respectfully, including saying “no” or disagreeing when needed. • Understand what healthy boundaries are and why it is important to respect your own boundaries and other people’s. • Notice when a friendship feels unhappy, uncomfortable or unfair, including online, and know when to ask for help. • Manage difficult feelings, such as frustration or disappointment, and consider the scale of their reaction.		• The physical, emotional, moral and spiritual implications of sexual intercourse • The Christian viewpoint that sexual intercourse should be saved for marriage
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- PSHE – My Happy Mind
- PSHE – Ten Ten Life to the Full Plus (PSHE)
- RSE – Ten Ten Life to the Full (RSE)