 **Subject Overview - PSHE inc. RSE Year Group: Six Zetland Primary School**

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| PSHE inc. RSE – Year Six | Autumn | Spring | Summer |
| In Year Six, we will be covering the eight key areas of our PSHE inc RSE curriculum taken from our agreed Ironstone Academy programme of study.   1. Relationships 2. My body and my health 3. Life cycles 4. Keeping safe and looking after myself 5. People who help me 6. Feelings and attitudes 7. Mental wellbeing 8. Living in our world | **Autumn 1:**  **Relationships**   |  |  | | --- | --- | | |  | | --- | | What makes a relationship happy or unhappy?  Why do relationships change during adolescence?  How can I cope with changing relationships with my family and friends?  Why do people get married or have a civil partnership?  What can I do about family and friendship break-up?  Should everyone have a boyfriend or girlfriend at my age?  At what age is it legal to have sex? At what age is it legal to get married/ or have a civil partnership?  What does it mean to be gay, lesbian, bisexual or transgender?  What is acceptable touching and behaviour amongst my peers? | |   **Living in Our World**  How and why do some people borrow money and is it a good idea?  Why does the UK give so much in overseas aid? What does this say about the UK?  How and why does the media promote its own sense of reality?  Why and how are there rules and laws that protect us and others are made and enforced, why are different rules needed in different situations and how can we take part in making and changing rules?  **Autumn 2:**  **Feelings and attitudes**  Is it normal to be attracted or in love with someone of the same gender? Does this mean I am gay or lesbian?  What should I do if I feel I am being pressured into doing something?  What is discrimination and what does the law say about discriminating certain groups of people (sexual orientation, religion, age,race etc) | **Spring 1:**  **Mental Wellbeing**  How common are mental health problems – how do people cope?  Preparing pupils to be secondary ready.  **Spring 2:**  **People who help me**  Who can I talk to for help and advice and where can I safely find extra info?  If I trust someone, do I trust them about everything? | **Summer 1:**  **Life Cycles**   |  | | --- | | What are eggs and sperm?  What is ‘Sex’ and ‘Sexual Intercourse’?  How does the sperm reach the egg? |  |  | | --- | |  |   **Summer 2:**  **Keeping safe and looking after myself**   |  |  | | --- | --- | | |  | | --- | | What do we mean that choices can have positive, neutral and negative consequences)? (begin to understand the concept of a ‘balanced lifestyle.)  Does drinking alcohol and using drugs affect my decisions about behaviour? | |     **My Body and My Health**   |  | | --- | | What are wet dreams?  Am I normal? What is normal for my age? If I am a late-developer, will I catch up?  Why do the media show so many pictures of thin/muscley/perfect celebrities? Should we all look like this?  How do hormones affect boys and girls differently?  What is the menstrual cycle?  Why do boys get erections?  How do we know when we may becoming ill (early warnings)  What are the basic concepts of first aid – how can I help others confidently? | |