|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Time 4 Us – Year 6 Curriculum Map 2020/21**C:\Users\LouLou\Documents\19- 20\PSHCE\logo.png | | | | | | |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
|  | **Respect** | **Positive Relationships** | **Media Literacy and Digital Resilience** | **Mental**  **Wellbeing** | **Ourselves** | **Aspirations** |
| **Time for Us** | **Expressing opinions and respecting other points of view, including discussing topical issues**   * the importance of self-respect and their right to be treated respectfully by others * about the link between values and behaviour and how to be a positive role model * how to discuss and debate topical issues respectfully * how to listen to and respect other points of view * how to constructively challenge points of view they disagree with * ways to participate effectively in discussions online and manage conflict or disagreements   **Belonging to a community Valuing diversity; challenging discrimination and stereotypes**   * what prejudice means * to differentiate between prejudice and discrimination * how to recognise acts of discrimination * strategies to safely respond to and challenge discrimination * how to recognise stereotypes in different contexts and the influence they have on attitudes and understanding of different groups * how stereotypes are perpetuated and how to challenge this | **Attraction to others; romantic relationships; civil partnership and marriage**   * what it means to be attracted to someone and different kinds of loving relationships * that people who love each other can be of any gender, ethnicity or faith * the difference between gender identity and sexual orientation and everyone’s right to be loved * about the qualities of healthy relationships that help individuals flourish * ways in which couples show their love and commitment to one another, including those who are not married or who live apart * what marriage and civil partnership mean e.g. a legal declaration of commitment made by two adults * that people have the right to choose whom they marry or whether to get married * that to force anyone into marriage is illegal * how and where to report forced marriage or ask for help if they are worried | **Evaluating media sources; sharing things online**   * about the benefits of safe internet use e.g. learning, connecting and communicating * how and why images online might be manipulated, altered, or faked * how to recognise when images might have been altered * why people choose to communicate through social media and some of the risks and challenges of doing so * that social media sites have age restrictions and regulations for use * about the different age rating systems for social media, T.V, films, games and online gaming • why age restrictions are important and how they help people make safe decisions about what to watch, use or play * the reasons why some media and online content is not appropriate for children * how online content can be designed to manipulate people’s emotions and encourage them to read or share things * about sharing things online, including rules and laws relating to this * how to recognise what is appropriate to share online * how to report inappropriate online content or contact * how to protect personal information online * to identify potential risks of personal information being misused * strategies for dealing with requests for personal information or images of themselves * to identify types of images that are appropriate to share with others and those which might not be appropriate * 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 * how to report the misuse of personal information or sharing of upsetting content/ images online | **What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online**   * about the changes that may occur in life including death, and how these can cause conflicting feelings * that changes can mean people experience feelings of loss or grief * about the process of grieving and how grief can be expressed * about strategies that can help someone cope with the feelings associated with change or loss * to identify how to ask for help and support with loss, grief or other aspects of change * 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 | **Human reproduction and birth; increasing independence; managing transition**  Growing and changing  Human reproduction and birth; increasing independence; managing transitions  to recognise some of the changes as they grow up e.g. increasing independence  • about what being more independent might be like, including how it may feel (H35)  • about the transition to secondary school and how this may affect their feelings (H36)  • about how relationships may change as they grow up or move to secondary school  • practical strategies that can help to manage times of change and transition e.g. practising the bus route to secondary school (H24)  • 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 (H33)  • how pregnancy occurs i.e. when a sperm meets an egg and the fertilised egg settles into the lining of the womb (H33)  • that pregnancy can be prevented with contraception (H33)  • about the responsibilities of being a parent or carer and how having a baby changes someone’s life | **What influences career choices. Workplace Stereotypes**   * about what might influence people’s decisions about a job or career, including pay, working conditions, personal interests, strengths and qualities, family, values * the importance of diversity and inclusion to promote people’s career opportunities * about stereotyping in the workplace, its impact and how to challenge it * that there is a variety of routes into work e.g. college, apprenticeships, university, training |
| **Keeping Safe** | **Safe relationships Recognising and managing pressure; consent in different situations**  • to compare the features of a healthy and unhealthy friendship  • about the shared responsibility if someone is put under pressure to do something dangerous and something goes wrong  • strategies to respond to pressure from friends including online  • how to assess the risk of different online ‘challenges’ and ‘dares  ’ • how to recognise and respond to pressure from others to do something unsafe or that makes them feel worried or uncomfortable  • how to get advice and report concerns about personal safety, including online  • what consent means and how to seek and give/not give permission in different situations  •about what it is meant by first aid; basic techniques for dealing with common injuries (H43) | | | | | |
| **Being Healthy** | **Vaccinations, immunisations and allergies**  • how medicines can contribute to health and how allergies can be managed  • that some diseases can be prevented by vaccinations and immunisations  • that bacteria and viruses can affect health  • how they can prevent the spread of bacteria and viruses with everyday hygiene routines  • to recognise the shared responsibility of keeping a clean environment  **Keeping Safe - drug use and the law; drug use and the media**  • about the risks and effects of different drugs  • about the laws relating to drugs common to everyday life and illegal drugs  • to recognise why people choose to use or not use drugs, including nicotine, alcohol and medicines as well as illegal drugs  • about the organisations where people can get help and support concerning drug use  • how to ask for help if they have concerns about drug us  • about mixed messages in the media relating to drug use and how they might influence opinions and decisions  **Recap from Y5**  • how to deal with common injuries using basic first aid techniques  • how to respond in an emergency, including when and how to contact different emergency services | | | | | |