

**PSHE Progression of skills – Year 6**

Health and Well-being	Relationships	Living in the wider world
<p>To know how mental and physical health are linked.</p> <p>To understand how positive friendships and being involved in activities such as clubs and community groups support wellbeing.</p> <p>To know how to make choices that support a healthy, balanced lifestyle including:</p> <ul style="list-style-type: none"> <li>• how to plan a healthy meal</li> <li>• how to stay physically active</li> <li>• how to maintain good dental health including oral hygiene, food and drink choices</li> <li>• how to benefit from and stay safe in the sun, how and why to balance time spent online with other activities,</li> <li>• how sleep contributes to a healthy lifestyle; the effects of poor sleep; strategies that support good quality sleep how to manage the influence of friends and family on health choices</li> </ul> <p>To know that habits can be healthy or unhealthy; strategies to help change or break an unhealthy habit or take up a new healthy one.</p> <p>To know how legal and illegal drugs (legal and illegal) can affect health and how to manage situations involving them.</p> <p>To know how to recognise early signs of physical or mental ill-health and what to do about this, including whom to speak to in and outside school.</p> <p>To know that health problems, including mental health problems, can build up if they are not recognised, managed, or if help is not sought early on.</p>	<p>To know that people have different kinds of relationships in their lives, including romantic or intimate relationships.</p> <p>To understand that people who are attracted to and love each other can be of any gender, ethnicity or faith.</p> <p>To understand that adults can choose to be part of a committed relationship or not, including marriage or civil partnership.</p> <p>To know that marriage should be wanted equally by both people and that forcing someone to marry against their will is a crime.</p> <p>To understand how puberty relates to growing from childhood to adulthood.</p> <p>To learn about the reproductive organs and process - how babies are conceived and born and how they need to be cared for.</p> <p>To know that there are ways to prevent a baby being made.</p> <p>To learn how growing up and becoming more independent comes with increased opportunities and responsibilities.</p> <p>To know how friendships may change as they grow and how to manage this.</p> <p>To learn how to manage change, including moving to secondary school; how to ask for support or where to seek further information and advice regarding growing up and changing.</p>	<p>To learn how the media, including online experiences, can affect people's wellbeing – their thoughts, feelings and actions.</p> <p>To learn that not everything should be shared online or social media and that there are rules about this, including the distribution of images.</p> <p>To know that mixed messages in the media exist (including about health, the news and different groups of people) and that these can influence opinions and decisions.</p> <p>To understand how text and images can be manipulated or invented; strategies to recognise this.</p> <p>To evaluate how reliable different types of online content and media are, e.g. videos, blogs, news, reviews, adverts.</p> <p>To recognise unsafe or suspicious content online and what to do about it.</p> <p>To understand how information is ranked, selected, targeted to meet the interests of individuals and groups, and can be used to influence them.</p> <p>To know how to make decisions about the content they view online or in the media and know if it is appropriate for their age range.</p> <p>To know how to respond to and if necessary, report information viewed online which is upsetting, frightening or untrue.</p> <p>To recognise the risks involved in gambling related activities, what might influence somebody to gamble and the impact it might have.</p>

<p>To understand that anyone can experience mental ill-health and to discuss concerns with a trusted adult.</p> <p>To know that mental health difficulties can usually be resolved or managed with the right strategies and support.</p> <p>To know that FGM is illegal and goes against human rights; that they should tell someone immediately if they are worried for themselves or someone else.</p>		<p>To discuss and debate what influences people's decisions, taking into consideration different viewpoints.</p>
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