

Pegswood Primary School

Year 6 Coverage

PSHE & RSE



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Year Group Coverage – PSHE & RSE



Year 6						
		Family & Relationships	Citizenship	Health & Wellbeing	Safety & the Changing Body	Economic Wellbeing, Transition & Identity
Family & Relationships	Learning that friendships can experience conflict and ways in which to resolve conflict, through negotiation and compromise.	✓				
	Learning what respect is and that it is part of a relationship.	✓				
	Understanding that everyone deserves to be respected but that respect can be lost.	✓				
	Understanding stereotyping and bullying linked to it.	✓				
	Understanding grief and the associated emotions.	✓				
	To explore the process and emotions relating to grief.	✓				
Health & Wellbeing	Understanding ways of preventing illness and the benefits of immunisation.			✓		
	Developing an understanding of possible signs of illness and some actions I can take.			✓		
	Understanding that I have a responsibility to look after my overall health, including, diet, oral hygiene, physical activity, rest and relaxation.			✓		
	Understanding the factors which contribute to my physical and mental health.			✓		
	Identifying a range of relaxation strategies and situations in which they would be useful.			✓		
	Exploring my personal qualities and how to build on them.			✓		
	Learning the importance of resilience and developing strategies for being resilient in challenging situations.			✓		
	Identifying long-term goals and developing a plan as to how to achieve them.			✓		

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		Family & Relationships	Citizenship	Health & Wellbeing	Safety & the Changing Body	Economic Wellbeing, Transition & Identity
Safety and the Changing Body	Developing an understanding about the reliability of online information.				✓	
	Exploring online relationships including dealing with problems.				✓	
	Understanding that online relationships should be treated in the same way as face to face relationships.				✓	
	Knowing where to get help with any online problems.				✓	
	Understanding the risks associated with alcohol.				✓	
	Knowing the changes experienced during puberty.				✓	
	Knowing how to help someone who is choking.				✓	
	Knowing how to help someone who is unresponsive.				✓	
Citizenship	Understanding ways to keep safe when around railways and open water (rivers, beach) and spot potential dangers.				✓	
	Human rights.		✓			
	Food choices and the environment.		✓			
	Caring for others.		✓			
	Prejudice and discrimination.		✓			
	Valuing diversity.		✓			
Economic Wellbeing	National democracy.		✓			
	Attitudes to money.					✓
	Keeping money safe.					✓
	Gambling.					✓
	What jobs are available?					✓

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	Career routes.					✓
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		Family & Relationships	Citizenship	Health & Wellbeing	Safety & the Changing Body	Economic Wellbeing, Transition & Identity
Identity	What is identity.					✓
	Gender identity.					✓
	Identity and body image.					✓