



PSHE in Year 6 at Plymouth Grove

PSHE (Personal, Social, Health and Economic) education is a crucial part of a child's education. It gives children access to information about themselves and the world around them, and encourages them to explore big ideas and conversations. At the heart of this, we encourage respect and understanding of the universal rights of the child, as set out in the UNCRC. We teach PSHE weekly, following the National Curriculum, and it is led by our class teachers. Our curriculum is split into the three key themes of **Health and Wellbeing**, **Relationships** and **Living in the Wider World**. Every lesson, we will explore a question together - below, you can see an overview of what your child will be studying this year.

Health and Wellbeing - Autumn	Relationships - Summer *	Living in the Wider World - Spring
<p>What is mental and physical health?</p> <p>How can friendships support my wellbeing?</p> <p>What is appropriate touch?</p> <p>What healthy choices can I make around food and exercise?</p> <p>Why is managing screen time and getting enough sleep so important?</p> <p>How can drugs affect health?</p> <p>What are the early signs of poor physical and mental health? What can I do about this?</p> <p>What strategies can I use to manage my mental health?</p> <p>Who can I talk to with worries, concerns or problems with my mental health?</p>	<p>What are different types of relationships?</p> <p>How can we respect and value different relationships?</p> <p>What is marriage?</p> <p>What is puberty?</p> <p>What different opportunities and responsibilities will I have as I grow up?</p> <p>How might friendships change as I grow older?</p> <p>How can I manage change? Where can I get support?</p> <p>Parental opt in: How are babies made? **</p>	<p>What rights do we have and how are they protected?</p> <p>What is the media and how can it affect my wellbeing?</p> <p>What can I trust in the media and online? How can I recognise 'fake news'?</p> <p>How can I evaluate how reliable something is and report suspicious content?</p> <p>How can I make decisions about whether something is appropriate for my age group?</p> <p>How should I respond to something upsetting or frightening in the media?</p> <p>What risks are there with gambling?</p> <p>How can we make sure we are considerate and respectful of diverse viewpoints?</p>

* More details will be sent out in the Spring term

**This forms part of our non-statutory content, and more will be detailed by your class teacher

We are happy to further discuss the PSHE curriculum - please see your child's teacher for more details.