

Year 6	Year 6 PSHE & RSE Overview		
Introductory lesson	<p><u>Introduction: Setting ground rules for RSE & PSHE lessons</u> 1 lessons</p> <p>A stand-alone introductory lesson outlining RSE & PSHE as a subject and exploring how to create a successful</p>	Unit 1	<p><u>Y6 Families and relationships</u> 7 lessons</p> <p>Learning: to resolve conflict, through negotiation and compromise; about respect, understanding that everyone deserves to be respected and about grief</p>
Unit 2	<p><u>Y6 Health and wellbeing</u> 9 lessons</p> <p>Learning about diet, oral hygiene, physical activity and the facts around immunisation. Exploring rest and relaxation and how they affect physical and mental health. Strategies for being resilient in challenging situations and planning for long-term goals</p>	Unit 3	<p><u>Y6 Safety and the changing body</u> 9 lessons</p> <p>Learning about: the reliability of online information, the changes experienced during puberty, how a baby is conceived and develops, the risks associated with alcohol and how to administer first aid to someone who is choking or unresponsive.</p>
Unit 4	<p><u>Y6 Citizenship</u> 7 lessons</p> <p>Learning about: human rights, food choices and the environment, caring for others, recognising discrimination, valuing diversity and national democracy</p>	Unit 5	<p><u>Y6 Economic wellbeing</u> 7 lessons</p> <p>Explore choices related to navigating feelings about money, keeping money safe, managing finances in secondary school, understanding the risks of gambling, considering careers in various workplaces, and identifying the paths to pursue different careers.</p>
Unit 6	<p><u>Year 6: Transition lesson</u> 1 lessons</p> <p>Helping pupils prepare for the transition to secondary school, including exploring any worries or anxieties they may have</p>		