



PSHE/RSHE Lesson Coverage: Year 6



Autumn 1 Being Me in My World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
<p><u>Lesson 1</u> – LO: To identify my goals for this year, understand my fears and worries about the future and know how to express them.</p> <p><u>Lesson 2</u> – LO: To know that there are universal rights for all children but for many children these rights are not met.</p> <p><u>Lesson 3</u> – LO: To make choices about my own behaviour and understand how these relate to my rights and responsibilities.</p> <p><u>Lesson 4</u> – LO: To understand how an individual's behaviour can impact on a group.</p>	<p><u>Lesson 1</u> – LO: To understand there are different perceptions about what normal means.</p> <p><u>Lesson 2</u> – LO: To understand how being different could affect someone's life.</p> <p><u>Lesson 3</u> – LO: To explain some of the ways in which one person or group can have power over another.</p> <p><u>Lesson 4</u> – LO: To appreciate people for who they are.</p>	<p><u>Lesson 1</u> – LO: To know my learning strengths and set challenging but realistic goals for myself.</p> <p><u>Lesson 2</u> – LO: To identify the learning steps required to reach my goal.</p> <p><u>Lesson 3</u> – LO: To identify problems in the world that concern me and talk to other people about them.</p> <p><u>Lesson 4</u> – LO: To work with other to make the world a better place.</p>	<p><u>Lesson 1</u> – LO: To take responsibility for my health and make choices that benefit my health and wellbeing.</p> <p><u>Lesson 2</u> – LO: To know about different types of drugs, their uses and their effects on the body (particularly the liver and heart).</p> <p><u>Lesson 3</u> – LO: To understand that some people can be exploited and made to do things that are against the law.</p> <p><u>Lesson 4</u> – LO: To understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness.</p>	<p><u>Lesson 1</u> – LO: To know that it is important to take care of my mental health.</p> <p><u>Lesson 2</u> – LO: To understand that there are different stages of grief and different types of loss cause people to grieve.</p> <p><u>Lesson 3</u> – LO: To recognise when people are trying to gain power and control.</p> <p><u>Lesson 4</u> – LO: To use technology positively and safely.</p>	<p><u>Lesson 1</u> – LO: To be aware of my own self-image.</p> <p><u>Lesson 2</u> – LO: To understand how and why friendships change and develop.</p> <p><u>Lesson 3</u> – LO: To understand that certain relationships are for when I am older.</p> <p><u>Lesson 4</u> – LO: To be aware of the importance of a positive self-esteem and know how to prepare myself emotionally for the changes next year.</p>