



**St Anthony of Padua Catholic Primary School Long Term Plan**  
**PSHE/RSHE Medium Term Plan – Year 6**



Term	Topic	Lessons	Resources
<b>Autumn Term Relationships</b>	<b>Family and Friendships</b>  Attraction to others; romantic relationships; civil partnership and marriage	Lesson 1 - To learn about committed relationships, including marriage and civil partnership.	PSHE Association Resource
		Lesson 2 - I know that in most families arguments can happen. I have ways to help me manage my feelings when an argument happens at home. I know who I can get help from if I am worried about home.	SIL – PSHE Association
		Lesson 3 - I can be assertive and stand up for myself by making my own choices. I understand that my peers may put pressure on me and this can be deliberate or unintentional.	
	<b>Safe Relationships</b>  Recognising and managing pressure; consent in different situations	Lesson 1 - To learn about the benefits and importance of including others.	
		Lesson 2 - To learn about positive friendships and communicating respectfully.	
		Lesson 3 - To learn about the impact of bullying and how to seek support.	
		Lesson 4 - To learn about what images are appropriate to share online, and those that should not be shared.	
	<b>Respecting ourselves and others</b>  Expressing opinions and respecting other points of view, including discussing topical issues	Lesson 1 –To learn about strategies for recognising and managing peer influence and a desire for peer approval in friendships; to recognise the effect of online actions on others. -To learn to recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves.	Twinkl – Be yourself
		Lesson 2 –To learn that a feature of positive family life is caring relationships; about the different ways in which people care for one another. -To understand what constitutes a positive healthy friendship; that the same principles apply to online friendships as to face-to-face relationships.	



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		<p>Lesson 3 – To learn that friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely.</p> <p>Lesson 4 – To learn about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking.</p> <p>Lesson 5 – To learn how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this.</p> <p>Lesson 6 – To identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth.</p>	
<b>Spring Term</b> <b>Living in the wider world</b>	<p><b>Belonging to a community</b></p> <p>Valuing diversity; challenging discrimination and stereotypes</p>	<p>Lesson 1 – To learn about how negative stereotypes can influence behaviours and attitudes towards different groups of people.</p> <p>Lesson 2– To learn about how attitudes and opinions can sometimes be influenced by being exposed to prejudiced or extremist views and how to resist and challenge these viewpoints</p>	PSHE Association Resource
	<p><b>Media Literacy and Digital Resilience</b></p> <p>Taught during computing lessons using the Knowsley CLC scheme of work</p>	<p>Lesson 1 - How does the internet and media shape our views?</p> <p>Lesson 2 - How can you be a good Digital Citizen?</p> <p>Lesson 3 - What does the information online say about us?</p> <p>Lesson 4 - How would you deal with online bullying?</p> <p>Lesson 5 - How do you make informed decisions online? Can you trust everything you read online?</p> <p>Lesson 6 - Can technology impact on your health?</p> <p>Lesson 7 - How secure are you with your online information and accounts?</p> <p>Lesson 8 - Who owns the information on the internet?</p>	Knowsley CLC Computing Planning
	<p><b>Money and work</b></p> <p>Influences and attitudes to money; money and financial risks</p>	<p>Lesson 1 - To learn about risk in everyday situations.</p> <p>Lesson 2 - To learn about risk in relation to gambling.</p> <p>Lesson 3 - To learn about the impact of money on emotional wellbeing.</p> <p>Lesson 4 - To learn what it means to be a critical consumer.</p>	PSHE Association Resource
	<p><b>S u m</b></p> <p><b>Physical health and Mental wellbeing</b></p>	<p>Lesson 1 - To learn about the importance of good sleep.</p>	PSHE Association Resource



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<p>What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online</p>	<p>Lesson 2 - To learn how to manage risk in relation to sun exposure, including skin damage and heat stroke.</p>	
	<p>Lesson 3 - To learn how the correct use of medicines, and how vaccinations and immunisation, can help to maintain health and wellbeing.</p>	
	<p>Lesson 4 - To learn about some of the risks and effects of legal and illegal drug use.</p>	
	<p>Lesson 5 - To learn about the reasons why people use drugs; managing situations and peer influence.</p>	
	<p>Lesson 6 - To learn that mixed messages about drug use in the media exist and that these can influence opinions and decisions.</p>	
<p><b>Growing and changing</b>  <b>Taught throughout the year – Journey in Love</b>            One lesson will be taught each term</p>	<p>Whole Unit - Children develop, in an appropriate way for their age, an understanding of sexuality and grow further in their appreciation of their dignity and worth as children of God.</p>	<p>Journey in Love Resource – Taught throughout the year</p>
<p><b>Keeping safe</b></p> <p>Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media</p>	<p>Lesson 1 – To learn about staying as safe as possible online, including the risk of online fraud.</p>	<p>City of London Police</p>
	<p>Lesson 2 – To learn about different types of online fraud and the associated risks.</p>	
	<p>Lesson 3 – To learn about keeping safe around fireworks, bonfires and sparklers.</p>	<p>PSHE Association Resource</p>