



St Anthony of Padua Catholic Primary School Long Term Plan

PSHE/RSHE Medium Term Plan – Year 6



Term	Topic	Lessons	Resources
Autumn Term Relationships	Family and Friendships Attraction to others; romantic relationships; civil partnership and marriage.	Lesson 1 - To learn about committed relationships, including marriage and civil partnership.	https://pshe-association.org.uk/resource/committed-relationships-family-life?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=committed-relationships-family-life
	Safe Relationships Recognising and managing pressure; consent in different situations	Lesson 1 - To learn about positive friendships and communicating respectfully.	PSHE Association
		Lesson 2 - To learn about the impact of bullying and how to seek support.	
	Respecting ourselves and others 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.	
		Lesson 3 – To learn that friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely.	
		Lesson 4 – To learn about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking.	
		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.	
		Lesson 6 – To identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth.	
Spring Term Living in the wider world	Belonging to a community Valuing diversity; challenging discrimination and stereotypes	Lesson 1 – To learn about how negative stereotypes can influence behaviours and attitudes towards different groups of people.	https://pshe-association.org.uk/resource/inclusion-belonging-addressing-extremism-ks1-2?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=inclusion-belonging-ks1-2
		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	



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	Media Literacy and Digital Resilience Taught during computing lessons using the Knowsley CLC scheme of work	Lesson 1 - How does the internet and media shape our views?	Knowsley CLC Computing Planning
		Lesson 2 - How can you be a good Digital Citizen?	
		Lesson 3 - What does the information online say about us?	
		Lesson 4 - How would you deal with online bullying?	
		Lesson 5 - How do you make informed decisions online? Can you trust everything you read online?	
		Lesson 6 - Can technology impact on your health?	
		Lesson 7 - How secure are you with your online information and accounts?	
		Lesson 8 - Who owns the information on the internet?	
	Money and work Influences and attitudes to money; money and financial risks	Lesson 1 - To learn about risk in everyday situations.	https://pshe-association.org.uk/resource/exploring-risk-in-gambling?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=exploring-risk-in-gambling
		Lesson 2 - To learn about risk in relation to gambling.	
		Lesson 3 - To learn about the impact of money on emotional wellbeing.	https://pshe-association.org.uk/resource/money-and-wellbeing?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=money-wellbeing
		Lesson 4 - To learn what it means to be a critical consumer.	
Summer Term Health and Wellbeing	Physical health and Mental wellbeing What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Lesson 1 - To learn about the importance of good sleep.	https://pshe-association.org.uk/resource/mental-health-emotional-wellbeing-ks1-2?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=mhew-ks1-2
		Lesson 2 - To learn how to manage risk in relation to sun exposure, including skin damage and heat stroke.	
		Lesson 3 - To learn how the correct use of medicines, and how vaccinations and immunisation, can help to maintain health and wellbeing.	Check individual PDF planning sheet
		Lesson 4 - To learn about some of the risks and effects of legal and illegal drug use.	
		Lesson 5 - To learn about the reasons why people use drugs; managing situations and peer influence.	
		Lesson 6 - To learn that mixed messages about drug use in the media exist and that these can influence opinions and decisions.	



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	Growing and changing Taught throughout the year – Journey in Love One lesson will be taught each term	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.	Journey in Love Resource – Taught throughout the year
	Keeping safe Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media	Lesson 1 – To learn about staying as safe as possible online, including the risk of online fraud.	City of London Police
		Lesson 2 – To learn about different types of online fraud and the associated risks.	
		Lesson 3 – To learn about keeping safe around fireworks, bonfires and sparklers.	PSHE Association Resource