

CHARLES DARWIN COMMUNITY PRIMARY SCHOOL PSHCE CURRICULUM

Year 6

| Term | AUTUMN 1 | AUTUMN 2 | SPRING 1 | SPRING 2 | SUMMER 1 | SUMMER 2 |
|----------------------------------|--|--|---|--|---|----------|
| My Happy Mind | | | | | | |
| Unit | Meet Your Brain | Celebrate | Appreciate | Relate | Engage | |
| NC Statutory Requirements | H1, H2, H3, H4, H7, H8, , H15, H16, H17, H18, H19, H20, H21, H22, H23, H24 R8 | H1, H2, H3, H4, H25, H27, H28 R31 | H1, H2, H3, H4, R8, R10, L4 | R1, R6, R8, R10, R11, R14, R14, R17, R30, R31, R32, R33 L4 | H28, H29, L25 | |
| Lessons | <p>I can reflect on my stress points as I relate to transitioning to secondary and work through strategies to cope with these scenarios.</p> <p>I can talk about the links between my thoughts, feelings and actions and how the thoughts I have influences how I act.</p> <p>I can calm my Amygdala when facing stressful thoughts or having a tough time.</p> <p>I can try to manage my emotions to move forward positively and learn that I can train my mind just like their bodies.</p> | <p>I know what my top Character Strengths are based on.</p> <p>I have learned more about what each of the 24 Character Strengths means and how they help me each day.</p> <p>I know how to grow my strengths to help me with transition and overcome challenges.</p> <p>I know how my Character Strengths have helped me get to this point in my life and how these skills and strengths are transferable to the secondary school environment.</p> | <p>I know how gratitude can help me think about all I have in my life to be thankful for.</p> <p>I know how to build my resilience.</p> <p>I understand how focussing on my appreciation around the strengths work I have done can remind me of what I DO have during times of stress.</p> <p>I can establish a new perspective on how gratitude can help me to build resilience when I face tough times.</p> | <p>I understand my relationship building powers.</p> <p>I know how those skills are transferable to my upcoming changing environment.</p> <p>I can learn strategies to manage friendships through change, transition and peer pressure by practising different communication strategies.</p> <p>I can use strategies for seeing different perspectives through role play</p> | <p>I know how to set goals linked to transition.</p> <p>I can recognise my concerns and define strategies to overcome them.</p> <p>I can use my strengths to leverage the opportunities I am excited about.</p> | |

| NO OUTSIDERS | | | | | | |
|--|--|--|--|--|--|---|
| TEXTS | The Whisperer by Nick Butterworth | Love you Forever by Robert Munsch | My Princess Boy By C.Kilodavis and S. DeSimone | The Island by Armin Greder | Dreams of Freedom by Amnesty International | |
| KPI | To stand up to discrimination | To consider how my life may change as I grow up | To promote diversity | To challenge the causes of racism | To recognise my freedom | |
| NC Statutory Requirements | H27, H28, H29 L3, L4, L8, L9, L10 | | | | | |
| RSE taught Summer 2 | | | | | | |
| Lesson Objectives from Medway Public Health Directorate | 1. Puberty: recap and review We are learning about the changes that happen during puberty (recap from year 4-5) 2. Puberty: change and becoming independent We are learning about managing change and becoming more independent 3. Positive and healthy relationships We are learning about positive, healthy relationships 4. How babies are made We are learning about how a baby is made | | | | | |
| NC Statutory Requirements | H24, H33, H35, H36 R1, R2, R5, R6, R30, R31 | | | | | |
| Drug and Alcohol Education | | | | | | |
| Lesson Objectives from Medway Public Health Directorate | 1.Managing risk: medicines Pupils learn how the correct use of medicines, and how vaccinations and immunisations, can help to maintain health and wellbeing 2 Managing risk: legal and illegal Drugs: Pupils learn about some of the risks and effects of (legal and illegal) drug use 3 Managing risk: influences and pressure: Pupils learn about the reasons why people use drugs; managing situations and peer influence 4 Managing risk: drugs and alcohol in the media: Pupils learn that mixed messages about drugs use in the media exist and that these can influence opinions and decisions | | | | | |
| NC Statutory Requirements | H1, H3, H4, H10, H40, H46, H47, H48, H49, H50 R28, L1 | | | | | |
| LIVING IN THE WIDER WORLD | | | | | | |
| ASSEMBLIES and focus lessons | Fairtrade Fortnight Recycle week British Values European day of languages Black History Month Hello Yellow – World Mental Health | Firework Safety Anti-Bullying Week Inter-Faith week Remembrance UK Parliament week | Rail Safety Safer Internet Comic Relief | British Values World Book Day Children’s Mental Health Week International Women’s Day British Science Week Speak Out Stay Safe Neurodiversity week | | World Environment day World Ocean day Sun Safety World Refugee Week |

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| Charities | Jeans for Genes Hello Yellow | | Comic Relief | NSPCC | | |
| Religious Festivals | Yom Kippur Diwali | Advent Christmas | Chinese New Year | Ramadan Holi Eid Al Fitr Easter | | Eid al Adha |
| No Outsiders and Protected Characteristics assembly | RACE Mixed – Arree Chung Premier League Stars website videos | RELIGION Welcome to Our World: A Celebration of Children Everywhere! | GENDER My Shadow is Pink Rosa Plays Ball | DISABILITY I am Not a Label We Are All Wonders | AGE | FAMILIES/MARRIAGE Fantastic Families All Kinds of Families |