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|  | **Year 6** |
|  | **Autumn** | **Spring** | **Summer** |
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| **Relationships and Health Education (RHE)** | **Autumn 1 and 2- HEALTH AND WELLBEING****Looking after ourselves; growing up; becoming independent; taking more responsibility****How can we keep health as we grow?****Pupils learn*** How mental and physical health are linked
* How positive friendships and being involved in activities such as clubs and community groups support wellbeing
* How to make choices that support a healthy, balanced lifestyle including;

-how to plan a healthy meal-how to stay physically active-how to maintain good dental health, including oral hygiene, food and drink choices-how to benefit from and stay safe in the sun-how and why to balance time spent online with other activities-how sleep contributes to a healthy lifestyle; the effects of poor sleep; strategies that support good quality sleep-how to manage the influence of friends and family on health choices* That habits can be healthy or unhealthy; strategies to help change or break an unhealthy habit or take up a new healthy one
* How legal and illegal drugs (legal and illegal) can affect health and how to manage situations involving them
* How to recognise early signs of physical or mental ill-health. What to do about this, whom to speak to in and outside school
* Health problems, including mental health, can build up if they are not recognised, managed, or if help is not sough early on
* That anyone can experience mental ill-health and to discuss concerns with a trusted adult
* That mental health difficulties can usually be resolved or managed with the right strategies and support.
 | **Spring 1 and 2 LIVING IN THE WIDER WORLD****Media literacy and digital resilience****How can we help in an accident or emergency?****Pupils learn*** How the media, including online experiences, can affect people’s wellbeing- their thoughts, feelings and actions
* That not everything should be shared online or social media and that there are rules about this, including the distribution of images
* That mixed messages in the media exist (including about health, the news and different groups of people) and that these can influence opinions and decisions
* How text and images can be manipulated or invented; strategies to recognise this
* To evaluate how reliable different types of online content and media are eg; videos, blogs, news, reviews, adverts
* To recognise unsafe or suspicious content online and what to do about it
* How information is ranked, selected, targeted to meet the interests of individuals and groups, and can be used to influence them.
* How to make decisions about the content they view online or in the media and know if it is appropriate for their age range.
* How to respond to and if necessary, report information viewed online which is upsetting, frightening or untrue
* To recognise the risks involved in gambling related activities, what might have influenced somebody to gamble and the impact it might have
* To discuss and debate what influences people’s decisions, taking into consideration different viewpoints
 | **Summer 1 and 2- RELATIONSHIPS****Different relationships, changing and growing, adulthood, independence, moving to secondary school****What will change as we become more independent?****Pupils learn*** That people have different kinds of relationships in their lives, including romantic or intimate relationships
* That people who are attracted to and love each other can be of any gender, ethnicity or faith; the way couples care for one another

**How do friendships change as we grow?****Pupils learn*** That adults can choose to be part of a committed relationship or not, including marriage or civil partnership
* That marriage should be wanted equally by both people and that forcing someone to marry against their will is a crime
* How puberty relates to growing from childhood to adulthood
* About the reproductive organs and process- how babies are conceived and born and how they need to be cared for
* That there are ways to prevent a baby being made
* How growing up and becoming more independent comes with increased opportunities and responsibilities
* How friendships may change as they grow and how to manage this
* How to manage change, including moving to secondary school; how to ask for support or where to seek further information and advice regarding growing up and changing
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