



Year 6

RSHE

Curriculum



*'Every child has the right to an education.'* Article 28  
*'Every child has the right to information and to express their views'* Article 13

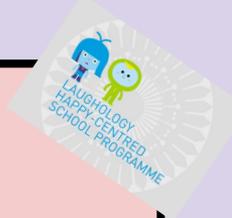


The Relationships and Health part of the RHSE curriculum has now been made mandatory. This is to reflect modern Britain and the variety of different relationships that we encounter daily. In line with this new policy, we will be teaching the children about relationships. We will be exploring topics such as:

- What is friendship?
- What does family mean?
- What does a positive relationship between friends and family look like?
- Who are the people who support me?
- How can I make sure I am safe online?



*'Every child has the right to an education.'* Article 28  
*'Every child has the right to information and to express their views'* Article 13



At Star, we follow the Happy Centred School curriculum for RSHE. The curriculum falls under these headings:

- Positive Relationships (Autumn Term)
- Coping Skills (Spring 1)
- Achievement and Success (Spring 2)
- Self-Confidence (Summer 1)
- Support (Summer 2)

The following slides will detail what will be taught each term in line with this curriculum:



# Autumn 1 - Positive Relationships



1. Better understanding the importance of having fun and laughter with teammates - how we release chemicals, which make us feel more positive, boost our immune system, relax the whole body, reduce stress
2. Considering how we would feel if we kept helping people and being kind, but did not receive any gratitude
3. Thinking about a job we would like to have when we grow up, how well suited we are to it and areas we can work on to become even better suited
4. Looking forward to the future and writing a job application that reflects the type of person we have become and our positive attributes
5. Reflecting on positive attributes of others - what kind of a person do you need to be to make a difference in a school
6. Assessment: Understanding the importance of showing gratitude and ways in which we can do this

**Example of Vocabulary Taught:** Compliments; Patience; Support; Trust; Belonging; Consideration; Family; Enemy; Team; Closeness; Encourage; Tolerance



## Autumn 2 - Positive Relationships



7. Understanding the boundaries we can put in place to keep ourselves safe
8. Knowing who to get advice from, if we feel that we/our friends are unsafe
9. Understanding the impact that online behaviours can have on our wellbeing
10. Understanding how information and data can be shared online, and the difference between this and sharing in person
11. Understanding what language is and isn't appropriate when describing our own and others' families
12. Better understanding how to be aware of our own unconscious biases and how to challenge these

**Example of Vocabulary Taught :** Boundaries; Online; Scenario; Un(safe); Situation; Extended/Immediate family; Gay; Lesbian; Single parent; Adoption; Fostering; Unconscious Bias; Stereotype; Groupthink; Social Media; Status Update; Wellbeing; Information Sharing



# Spring 1 - Coping Skills



1. Understanding frustration, and the behaviours associated with it
2. Better understanding of the brain and its impact on how we cope and manage challenging situations
3. Understanding how we can help others to cope, by sharing what we know about the brain
4. Thinking about secondary transition - our worries and potential solutions
5. Further understanding how our imaginations do or don't help us to cope, and how positive visualisation can be used successfully
6. Assessment: Thinking about the advice we will give to our future selves, about coping

Example of Vocabulary Taught : Aid; Relaxation; Success; Teamwork; Thoughtfulness; Together



# Spring 2 - Achievement and Success



1. Understanding that success isn't just about sporting or academic achievement We can also become more successful personally, socially and emotionally
2. Setting individual personal, social and emotional SMART targets
3. Understanding that we can learn from others' success when developing a business plan
4. Putting the previous session's plans into practice and recognising how we can learn from and overcome failure
5. Understanding the importance of not settling for our first attempt, if we want to be the most successful that we can be
6. Assessment: Giving a speech to motivate and inspire others to be successful

Example of Vocabulary Taught : Relief; Pressure; Motivation; Development; Hope; Try; Determination; Humble; Humility; Patience; Pressure



# Summer 1 - Self-Confidence



1. Thinking of ways in which we can be confident in the future - using the '5 hows' to encourage deeper thinking
2. Creating pep talks - to encourage us to be confident and awesome in the future
3. Further understanding how self-talk, positive mind chatter and team togetherness can help to overcome a challenge
4. Considering our personal best when completing a challenge and understanding the importance of intrinsic rewards
5. Recognising that confidence comes from: becoming increasingly independent, being a self-starter, thinking creatively, analysing situations and using self-help techniques. Also understanding that there are times when an adult must be involved if someone's safety is at risk
6. Assessment: Creating Top Tips to be used in the future at times when we need to be self-confident

Example of Vocabulary Taught : Optimism; Limiting belief; Pride; Resilience; Positive; Negative



# Summer 2 - Support



1. Understanding how people in the wider community give and gain support
2. Thinking about how we can give support to people who may be too shy or embarrassed to ask
3. Making a personal plan to volunteer in the community - thinking about how we will keep ourselves safe while doing this
4. Thinking about whether or not we could/should support others, even if we disagree with them
5. Better understanding the foundations of how to become a more supportive person - giving thoughtful feedback, being happy for others and a good loser
6. Assessment: Evaluating how we have done against our personal targets to give support to the local community

Example of Vocabulary Taught : Compassion; Friendships; Success; Model; Together; Giving; Reassurance; Teamwork; Community; Model; Aid; Together