



Anlaby Primary School: PSHCE Long Term Plan (Year 6)	
<b>Year 6</b>	<b>Autumn 1&amp;2 - Health and wellbeing:</b> <i>Looking after ourselves; growing up; becoming independent; taking more responsibilities</i>
<b>Key Question</b>	<b>How can we keep healthy as we grow?</b>
<b>POS Statements</b>	<ul style="list-style-type: none"> <li>• H1. how to make informed decisions about health</li> <li>• H2. about the elements of a balanced, healthy lifestyle</li> <li>• H3. about choices that support a healthy lifestyle, and recognise what might influence these</li> <li>• H4. how to recognise that habits can have both positive and negative effects on a healthy lifestyle</li> <li>• H5. about what good physical health means; how to recognise early signs of physical illness</li> <li>• H6. about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay.</li> <li>• H7. how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle</li> <li>• H8. about how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn</li> <li>• H11. how to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas; the effects of smoking)</li> <li>• H12. about the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer</li> <li>• H13. about the benefits of the internet; the importance of balancing time online with other activities; strategies for managing time online</li> <li>• H14. how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health</li> <li>• H15. that mental health, just like physical health, is part of daily life; the importance of taking care of mental health</li> <li>• H16. about strategies and behaviours that support mental health — including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing</li> <li>• H21. to recognise warning signs about mental health and wellbeing and how to seek support for themselves and others</li> </ul>

- |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|--|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <ul style="list-style-type: none"><li>• H22. to recognise that anyone can experience mental ill health; that most difficulties can be resolved with help and support; and that it is important to discuss feelings with a trusted adult</li><li>• H40. about the importance of taking medicines correctly and using household products safely, (e.g. following instructions carefully)</li><li>• H46. about the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break</li><li>• R10. about the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing</li></ul> |
|--|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Spring 1&2- Living the wider world: <i>Media literacy and digital resilience; influences and decision-making; online safety</i>	
Key Question	How can the media influence people?
POS Statements	<ul style="list-style-type: none"> <li>• H49. about the mixed messages in the media about drugs, including alcohol and smoking/vaping</li> <li>• R34. how to discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with</li> <li>• L11. recognise ways in which the internet and social media can be used both positively and negatively</li> <li>• L12. how to assess the reliability of sources of information online; and how to make safe, reliable choices from search results</li> <li>• L13. about some of the different ways information and data is shared and used online, including for commercial purposes</li> <li>• L14. about how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information</li> <li>• L15. recognise things appropriate to share and things that should not be shared on social media; rules surrounding distribution of images</li> <li>• L16. about how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation</li> <li>• L23. about the risks involved in gambling; different ways money can be won or lost through gambling-related activities and their impact on health, wellbeing and future aspirations</li> </ul>

Summer 1&2- Relationships: <i>Different relationships, changing and growing, adulthood, independence, moving to secondary school</i>	
Key Question	What will change as we become more independent? How do friendships change as we grow? Some objectives covered by Big Talk in Spring 2
POS Statements	<ul style="list-style-type: none"> <li>• H24. problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools</li> <li>• H30. to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction</li> <li>• H33. about the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for<sup>1</sup></li> <li>• H34. about where to get more information, help and advice about growing and changing, especially about puberty</li> <li>• H35. about the new opportunities and responsibilities that increasing independence may bring</li> <li>• H36. strategies to manage transitions between classes and key stages</li> <li>• R2. that people may be attracted to someone emotionally, romantically and sexually; that people may be attracted to someone of the same sex or different sex to them; that gender identity and sexual orientation are different</li> <li>• R3. about marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong</li> <li>• R4. that forcing anyone to marry against their will is a crime; that help and support is available to people who are worried about this for themselves or others</li> <li>• R5. that people who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart</li> <li>• R6. that a feature of positive family life is caring relationships; about the different ways in which people care for one another</li> <li>• R16. how friendships can change over time, about making new friends and the benefits of having different types of friends</li> </ul>