

Personal, Social, Health and Education lessons, including Relationships and Sex Education - Year 6 2020-21 Summer Term

1 st half term	Eat well, live well! Life is all about balance What makes a balanced lifestyle? What are the different components which make up a balanced lifestyle?	Eat well, live well! Food, glorious food! What is a diet and why is it so important? What is an Eatwell Plate and how does this help us make healthy choices?	Eat well, live well! Time to get active! Why is exercise important? How much exercise should we do every day?	Eat well, live well! My own workout Why is a good workout routine important? Can you create your own workout routine?	Eat well, live well! Images in the media What does the term 'images in the media' mean? What happens when a photo is edited or photoshopped? Why do companies / people do it?	Mental wellbeing Talking about emotions What is mental wellbeing? What does this term mean?
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2 nd half term	Mental wellbeing What is mental wellbeing? What are the factors that affect positive wellbeing?	Mental wellbeing Why is connecting to others important? What is the link between connections with others and your mental wellbeing? Why are quality friendships important?	Mental wellbeing How does time online impact our mental wellbeing? Why is important to limit time online? What are the negative effects of too much screen time?	Mental wellbeing Our behaviours, thoughts and feelings What are the range of emotions we all feel? Why is it important to understand how to respond in different situations?	Parents / carers are able to decide whether or not they would like their child to participate in these lessons Relationships and Sex Education DVD and then 4 lessons DVD Growing Up A Guide to Puberty The animated video is 12 minutes long and covers all aspects of puberty from physical bodily changes including periods and wet dreams. There are diagrams of male and female sex organs. The emphasis is on puberty being a positive, celebratory experience which is a perfectly normal part of human growth. - Puberty What are the physical and emotional changes that happen during puberty? What are the myths and facts about puberty? - Puberty What are some of the changes that happen as we grow up e.g. Year 6 -to Year 7? What are some of the feeling around these changes? What are some practical strategies to cope with growing up and becoming more independent? - Positive and healthy relationships What are some of the different kinds of loving relationships? What are some of the qualities that enable these relationships to flourish? What are some of the expectations and responsibilities of being in a close relationship? - How a baby is made What are the links between love, committed relationships, and conception? What does pregnancy mean, how long does it last and where does it occur?
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Links with Science Topics – Diet, Exercise, Drugs and Alcohol in the first half term and Evolution and Inheritance, Humans and Animals Life Cycles in the second half term.

Key:

Green lessons are statutory

Orange lessons are optional – please see the accompanying letter