

Year Six PSHE End Point

Year group	National Curriculum Objectives					
	Autumn 1 Being me in my world	Autumn 2 Celebrating difference	Spring 1 Dreams and Goals	Spring 2 Healthy me	Summer 1 Relationships	Summer 2 Changing me
6	<p>1 I can identify my goals for this year, understand my fears and worries about the future and know how to express them Challenge, Goal</p> <p>I know how to use my Jigsaw Journal</p> <p>2 I know that there are universal rights for all children but for many children these rights are not met Attitude, Citizen</p> <p>3 I understand that my actions affect other people locally and globally Views, Opinion, Collective</p> <p>4 I can make choices about my own behaviour because I understand how rewards and consequences feel and I understand how these relate to my rights and responsibilities. Behaviour, expectation, consequence</p> <p>5 I understand how an individual's behaviour can impact on a group. Impact, responsible, together</p> <p>6 I understand how democracy and having a voice benefits the school community. Rights, responsibilities, democratic, democracy</p>	<p>1 I understand there are different perceptions about what normal means Different, view point, opinion</p> <p>2 I understand that everyone has a right to be who they are. Individual, expression, unique</p> <p>3 I can explain some of the ways in which one person or a group can have power over another. Power, unbalanced, fair, unfair</p> <p>4 I know some of the reasons why people use bullying behaviours. Bully, bullying, persistent</p> <p>5 I can give examples of people with disabilities who lead amazing lives. Admire, overcome, achieve</p> <p>6 I can explain ways in which difference can be a source of conflict and a cause for celebration. Difference, prejudice, celebrate</p>	<p>1 I know my learning strengths and can set challenging but realistic goals for myself (e.g. one in-school goal) goal, challenge</p> <p>2 I can work out the learning steps I need to take to reach my goal and understand how to motivate myself to work on these achieve, persevere, ambition</p> <p>3 I can identify problems in the world that concern me and talk to other people about them concern, solution, global</p> <p>4 I can work with other people to help make the world a better place. Teamwork, collaborative, dream</p> <p>5 I can describe some ways in which I can work with other people to help make the world a better place. Resources, team work, achieve, create</p> <p>6 I know what some people in my class like or admire about me and can accept their praise. Proud, admiration, celebrate</p>	<p>1 I can take responsibility for my health and make choices that benefit my health and well-being. Health, choices, mental health</p> <p>2 I know about different types of drugs and their uses and their effects on the body particularly the liver and heart. Medicines, unsafe, safe, dangerous</p> <p>3 I understand that some people can be exploited and made to do things that are against the law. Unlawful, unsafe, exploitation</p> <p>4 I know why some people join gangs and the risks this involves. Peer pressure, danger, resistance</p> <p>5 I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness. Feelings, expressing, mental health</p> <p>6 I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse. Stress, trigger, calming techniques</p>	<p>1 I know that it is important to take care of my mental health. Emotional health, coping, calm</p> <p>2 I know how to take care of my mental health. Mental health first aid, strategies, feelings</p> <p>3 I understand that there are different stages of grief and that there are different types of loss that cause people to grieve. Bereavement, sad, loss, gone</p> <p>4 I can recognise when people are trying to gain power or control. Power, controlling behaviour</p> <p>5 I can judge whether something online is safe and helpful for me. Online safety, help, appropriate, inappropriate</p> <p>6 I can use technology positively and safely to communicate with my friends and family. Known contacts, age appropriate, apps</p>	<p>1 I am aware of my own self-image and how my body image fits into that. Body image, negative, positive, perception</p> <p>2 I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally. Puberty, indications, awareness</p> <p>3 I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born. Conceive, baby, male, female, develop</p> <p>4 I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend. Feelings, excited, nervous, love</p> <p>5 I am aware of the importance of a positive self-esteem and what I can do to develop it. Self-esteem, positive, negative</p> <p>6 I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class. Nervous, worried, excited, next step</p>

By the end of Year Six, children will understand their rights and responsibilities as a citizen of a country, and how some children don't get these. They are able to explain fully how democracy benefits the school community and identify their goals for the future. They can understand how their strengths will help them set and achieve realistic goals and understand how to motivate others. They will understand different perceptions, the reasons behind bullying and can talk about disabilities and people with disabilities who have achieved. Children will be able to talk about different types of drugs and the effects on their bodies and how some people can be exploited to do things against the law, including gangs. Children will be able to recognise stress and the triggers that can cause stress. Children will understand the importance of mental health and how to take care of it. They will be able to recognise stages of grief and talk about different types of loss and grief. They are able to judge whether something is safe online and can use technology in a positive manner. Children are aware of their own self-image and how their body image fits into that. They can explain puberty changes in male and female bodies and how to look after yourself at this time. They understand that being attracted to someone can lead to sexual intercourse and how this can lead to conception. Children are able to describe how a baby develops from conception to nine months and how a baby is born. Finally, children can identify their worries and what they look forward to in their transition to secondary school.