

CHARLES DARWIN COMMUNITY PRIMARY SCHOOL PSHCE CURRICULUM						Year 6
Term	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
My Happy Mind						
Unit	Meet Your Brain	Celebrate	Appreciate	Relate	Engage	
NC Statutory Requirements	H1, H2, H3, H4, H7, H8, , H15, H16, H17, H18, H19, H20, H21, H22, H23, H24 R8	H1, H2, H3, H4, H25, H27, H28 R31	H1, H2, H3, H4, R8, R10, L4	R1, R6, R8, R10, R11, R14, R14, R17, R30, R31, R32, R33 L4	H28, H29, L25	
Lessons	I can reflect on my stress points as I relate to transitioning to secondary and work through strategies to cope with these scenarios. I can talk about the links between my thoughts, feelings and actions and how the thoughts I have influences how I act. I can calm my Amygdala when facing stressful thoughts or having a tough time. I can try to manage my emotions to move forward positively and learn that I can train my mind just like their bodies.	I know what my top Character Strengths are based on. I have learned more about what each of the 24 Character Strengths means and how they help me each day. I know how to grow my strengths to help me with transition and overcome challenges. I know how my Character Strengths have helped me get to this point in my life and how these skills and strengths are transferable to the secondary school environment.	I know how gratitude can help me think about all I have in my life to be thankful for. I know how to build my resilience. I understand how focussing on my appreciation around the strengths work I have done can remind me of what I DO have during times of stress. I can establish a new perspective on how gratitude can help me to build resilience when I face tough times.	I understand my relationship building powers. I know how those skills are transferable to my upcoming changing environment. I can learn strategies to manage friendships through change, transition and peer pressure by practising different communication strategies. I can use strategies for seeing different perspectives through role play	I know how to set goals linked to transition. I can recognise my concerns and define strategies to overcome them. I can use my strengths to leverage the opportunities I am excited about.	

NO OUTSIDERS						
TEXTS	The Whisperer by Nick Butterworth	Love you Forever by Robert Munsch	My Princess Boy By C.Kilodavis and S. DeSimone	The Island by Armin Greder	Dreams of Freedom by Amnesty International	
KPI	To stand up to discrimination	To consider how my life may change as I grow up	To promote diversity	To challenge the causes of racism	To recognise my freedom	
NC Statutory Requirements	H27, H28, H29 L3, L4, L8, L9, L10					
RSE taught Summer 2						
Lesson Objectives from Medway Public Health Directorate	1. Puberty: recap and review We are learning about the changes that happen during puberty (recap from year 4-5) 2. Puberty: change and becoming independent We are learning about managing change and becoming more independent 3. Positive and healthy relationships We are learning about positive, healthy relationships 4. How babies are made We are learning about how a baby is made					
NC Statutory Requirements	H24, H33, H35, H36 R1, R2, R5, R6, R30, R31					
Drug and Alcohol Education						
Lesson Objectives from Medway Public Health Directorate	Lesson 3: Influences and pressure To learn about the reasons why people use drugs, and how to manage peer influence. Lesson 4: Tobacco, vaping and alcohol in the media To learn how mixed messages about drug use in the media can influence opinions and decisions.					
NC Statutory Requirements	H1, H3, H4, H10, H40, H46, H47, H48, H49, H50 R28, L1					
LIVING IN THE WIDER WORLD						
ASSEMBLIES and focus lessons	Fairtrade Fortnight Recycle week British Values European day of languages Black History Month Hello Yellow – World Mental Health	Firework Safety Anti-Bullying Week Inter-Faith week Remembrance UK Parliament week	Rail Safety Safer Internet Comic Relief	British Values World Book Day Children’s Mental Health Week International Women’s Day British Science Week Speak Out Stay Safe Neurodiversity week		World Environment day World Ocean day Sun Safety World Refugee Week

Charities	Jeans for Genes Hello Yellow		Comic Relief	NSPCC		
Religious Festivals	Yom Kippur Diwali	Advent Christmas	Chinese New Year	Ramadan Holi Eid Al Fitr Easter		Eid al Adha
No Outsiders and Protected Characteristics assembly	RACE Mixed – Arree Chung Premier League Stars website videos	RELIGION Welcome to Our World: A Celebration of Children Everywhere!	GENDER My Shadow is Pink Rosa Plays Ball	DISABILITY I am Not a Label We Are All Wonders	AGE	FAMILIES/MARRIAGE Fantastic Families All Kinds of Families