

Year 6 Progression in PSHE

Resilience	Mental Wellbeing	Relationships	Relationships, Sex, Health Ed	Health Education	Caring Friendships	Living in the Wider World
<ul style="list-style-type: none"> ● I will know how to evaluate how I can become more resilient ● I will know the role of emotions ● I will know how Tornado Zone thoughts affect our actions ● I will know the options when facing someone in the Tornado Zone ● I will know how to see failure as an opportunity ● I will know why we should take responsibility for our mistake 	<ul style="list-style-type: none"> ● I will know the importance of being self-curious ● I will know how to manage the catastrophising gremlin ● I will know how values can boost my well-being ● I will know to recognise my needs and wants to boost my gratitude ● I will know how to recognise helpful thoughts to tackle challenges ● I will know that some habits are harmful for wellbeing 	<ul style="list-style-type: none"> ● I will know what to do if a family relationship is making me feel unsafe ● I will know how to avoid oversharing on the Internet ● I will know how to be a helpful bystander when I see bullying ● I know how to use collaborative skills effectively ● I will know and understand the dangers of stereotyping ● I will know and understand the consequences of violent acts 	<ul style="list-style-type: none"> ● I will know how sexual intercourse leads to human reproduction ● I will know how the media can affect my self-esteem ● I will know what is appropriate in friendships and wider relationships ● I will know the challenges of becoming of teenager and how I feel about the development and birth of a baby 	<ul style="list-style-type: none"> ● I will know the importance of sleep habits ● I will know the importance of a healthy diet ● I will know the benefits of an active lifestyle ● I will know the dangers of drug misuse ● I will know and understand how to manage the dangers of social media ● I will know basic techniques for dealing with common injuries 	<ul style="list-style-type: none"> ● I will know how to manage an unhealthy relationship. ● I will know how to recognise the actions of an empathetic person. ● I will know how to report a serious incident. ● I will know how to deal with someone who is not always honest. ● I will know how to manage peer pressure. ● I will know the importance of conflict. 	<ul style="list-style-type: none"> ● I will know why intolerance is harmful. ● I will know why the government spends tax money on welfare. ● I will know the different motivators for choosing an occupation. ● I will know how to monitor my spending. ● I will know how to apply resilience and empathy in competition. ● I will know how to approach change in a resilient manner.