

Dreams and Goals - Year 6 - Term Spring

Subject Specific Vocabulary	
Word	Definition
Dreams	a cherished aspiration, ambition, or ideal
Goals	the object of a person's ambition or effort; an aim or desired result
Targets	an objective or result towards which efforts are directed
Realistic/Unrealistic	having or showing a sensible and practical idea of what can be achieved or expected
Empathy	the ability to understand and share the feelings of another
Problems	a thing that is difficult to achieve
Improve	make or become better
Hardship	severe suffering or privation
Suffering	the state of undergoing pain, distress, or hardship
Cross Curricular Links	
RE -looking at organisations supported by different faith groups that support people going through hardships and suffering History - Who (past and present) has attempted to make the world a better place Geography - map work	



TLCs We Will Cover:

- I know my learning strengths and can set achievable goals
- I can work out the learning steps I need to take to teach my goal
- I can identify problems in the world which concern me
- I can work with other people to suggest how to make the world a better place
- I can describe how some people make the world a better place

Reflective Questions

- What do I want to be when I am older?
- What skills do I need for my future?
- How can I make the world a better place?

Exciting Books

A Peacock Among Pigeons



Mutual respect and tolerance

Relationships - Year 6 - Term Autumn

Subject Specific Vocabulary	
Word	
Normal	Conforming to a standard: usual, typical or expected.
Bereavement	A state of intense grief
Consent	Permission for something to happen or agreement to do something.
Control	The power to influence or direct people's behaviour.
Loss	The fact or process of losing something or someone.
Civil Partnership	Is a legal relationship which can be registered by two people who can't related to each other.
Marriage	A legally accepted relationship between two partners.
Pressure	The use of persuasion or intimidation to make someone do something.
Extremism	The holding of extreme, political or religious views.
Cross Curricular Links	
Re- looking at what religions say about marriage.	



TLCs We Will Cover:

Can I understand there are different perceptions about what normal may be?

Can I understand that there are different stages of grief and people grieve in different ways?

Can I understand what marriage/civil partnership are and why people enter into them?

Can I recognise when a relationship may not be safe or helpful?

Can I explain what extremism is and why it can be dangerous?

Reflective Questions

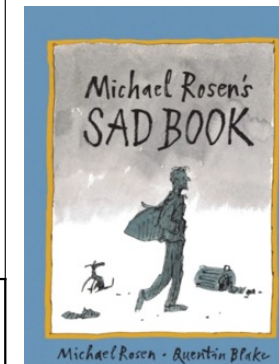
What steps should we take in order to be safe?

Why do people grieve in different ways?

Why do people get married?

Why do extremists hold different beliefs and why can this be unsafe?

Exciting Books



Rule of law- There are laws that make sure people are safe.

Individual liberty- people have the right to be safe.

Mutual Respect - Even if we don't agree with someone's choices, we should respect them

Tolerance - Different people have different rules in their religion around lifestyle which we should respect.

Looking After Me - Year 6 - Spring 2

Subject Specific Vocabulary	
Mental health	A person's condition with regard to their psychological and emotional well-being.
Well-being	The state of being comfortable, healthy or happy.
Meditation	A technique that has a wide number of benefits on psychological well-being.
Mental illness	A health condition involving changes in emotion, thinking, or behaviour, commonly associated with distress.
Anxiety	An emotion characterised by feelings of tension, worried thoughts and physical changes like increased blood pressure.
Stress	The degree to which you feel overwhelmed or unable to cope as a result of pressures that are unmanageable.
Distress	To suffer extreme anxiety, sorrow or pain.
Support networks	People in your life who help you to achieve personal and professional goals.
Support	A source of comfort or encouragement.
Counselling	The provision of professional assistance and guidance in resolving personal or psychological problems.



TLCs We Will Cover:

- Do I know that it is important to take care of my mind?
- Do I know how to take care of my mental health?
- Can I recognise when my mental health may be suffering?
- Can I share ideas on how to support mental health?
- Can I recognise signs of stress and do I know how to deal with it?

Reflective Questions

- How do you ensure that your body is mentally healthy (not just physically)?
- What are the benefits of a healthy mind?
- What role does social media play in mental health?
- How has the importance of mental health been promoted recently in the media?
- What signs would you look out for in yourself, and in others, that mental health is not good?
- Who could you turn to for help if your mental health is suffering?

Cross Curricular Links

Whole school events - Children's Mental Health Week
 PE - Dance/Daily Mile
 RE - Sadness, happiness and gratitude
 SCIENCE - Charles Darwin (Origin of Species)
 ART - Picasso (self-expression)
 FRENCH - Out and about (Days out)

Exciting Books



Rule of law

To understand that laws are there to protect people and must be followed (social media)

Individual liberty

To express ourselves freely through art and PE.

Mutual respect

To understand how to keep ourselves and others safe - spotting early help signs.

Tolerance

To understand that not everyone is experiencing the same emotions and to support others who need it.

Democracy

To have the right to be happy, healthy and feel safe.

Changing Me - Year - Summer 2

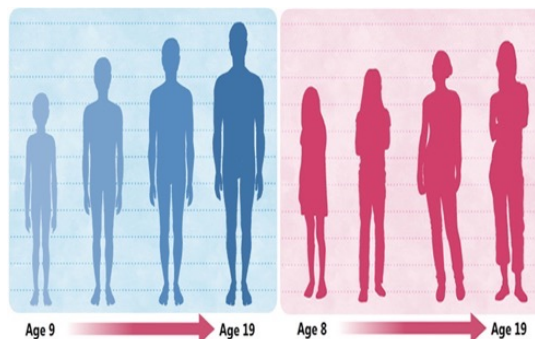
Subject Specific Vocabulary

Word	Definition
Puberty	This is the name for the time when your body begins to develop and change as you move from kid to adult. We're talking about stuff like girls developing breasts and boys starting to look more like men.
Menstruation	Another word for menstruation is "period." A period is the 2 to 7 days that a girl or woman has her menstrual flow, which is when blood and tissue leave her body through her vagina.
Consent	Consent is about the clear communication between partners on whether they want to be touched. It is about being able to say 'yes' or 'no' and your wishes being respected.
FGM	FGM stands for 'Female Genital Mutilation' which is considered an abusive procedure that removes part of a girls' vagina.
Self-image	This is about a person's individual understanding of their skills, their appearance, their character and their place in the world.
Conception	This is the term we use for when a man and a woman have sexual intercourse and create a baby. The start of the pregnancy is the 'conception'.
Attraction	This is about when we begin to 'fancy' other people. People can be attracted to men, women, both or none at all.
Unhealthy Relationship	This is about recognising when signs of abuse are occurring between partners.

Cross Curricular Links

Writing - What Makes Me, Me?

Reading - 'Wonder' by RJ Palacio



TLCs We Will Cover:

I can describe how girls' and boys' bodies change during puberty.

I can explain what consent is and why it is important.

I can recognise an unhealthy or dangerous relationship.

I can recognise signs of abuse or FGM.

I recognise my rights to protect my body.

I can recognise a variety of sanitary products and explain how to use them.

I can explain some of the unique changes that happen to me during puberty and understand they are normal.

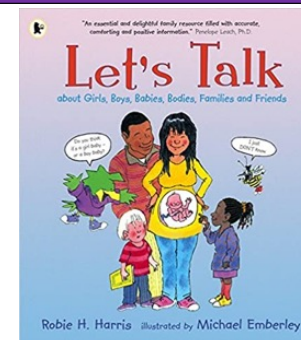
Reflective Questions

How will I know when Puberty begins?

Does everyone go through Puberty at the same time?

How much will my body change?

Recommended Books



'Let's Talk' by Robie Harris

'Celebrate Your Body - The Ultimate Puberty Book for Girls' by Sonia Renee Taylor

British Values:

-Individual Liberty

Pupils are supported with their self-knowledge, self-esteem and self-confidence.

-Mutual Respect and Tolerance

Through the PSHE and RE curriculums pupils are encouraged to discuss and respect differences between people, such as differences of faith, ethnicity, disability, gender or sexuality and differences of family situations.