

Year Six Overview

My Happy Mind

	Learning Objectives	Key Vocabulary	Department of Education (DFE) Statutory Statements for Primary Schools
<p>Meet My Brain</p> <p>x 3 Lessons</p>	<ul style="list-style-type: none"> • We are learning all about our brain and how it works. • We will be learning about how our feelings impact our brain • We will be learning about different ways to look after our brains so we can be our best selves. • We are learning how to develop healthy habits to look after our mind 	<ul style="list-style-type: none"> • Brain cells • Hippocampus- Stores memories • Amygdala- keeps us safe from danger • Prefrontal Cortex- helps us to make decision and solve problems • Happy Breathing • Neuroplasticity • Fight, Flight and Freeze • Oxygen • Neuron • Neural • Pathway • Real danger • Perceived danger • Trigger 	
<p>Celebrate x 2 Lessons</p>	<ul style="list-style-type: none"> • We are learning all about what character is. • We are learning about our Character Strengths and how we can use them to be at our best • We are learning about each of the Virtues and Character Strengths. • We are learning about our own strengths and which ones we would like to grow. 	<ul style="list-style-type: none"> • Wisdom • Courage • Humanity • Justice • Temperance • Virtues • Strength spotting • Top strength • Neuroplasticity • Team HAP • Dopamine • Habits • Neural Pathways • Cortisol 	

<p>Appreciate x 2 Lessons</p>	<ul style="list-style-type: none"> • We are learning about the importance of gratitude. • We are learning to be grateful for ourselves, others and experiences • We are learning how to establish an Attitude of Gratitude and how it can help us to be the best that we can be. • We are learning how to practise sharing gratitude with others and the positive effects this has on our wellbeing. 	<ul style="list-style-type: none"> • Appreciate • Grateful • Thankful • Wheel of Gratitude • Gratitude Domino Effect • Ourselves • Others • Experiences • Team HAP • Happy Breathing • Dopamine • Attitude of Gratitude • Neuroplasticity • Habit • Domino Effect 	<p>Families and people who care for me</p> <p>1. That families are important for children growing up safe and happy because they can provide love, security and stability.</p> <p>2. The characteristics of safe and happy family life, such as commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.</p> <p>3. That the families of other children, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.</p> <p>Caring friendships</p> <p>1. How important friendships are in making us feel happy and secure, and how people choose and make friends.</p>
<p>Relate x 2 lessons</p>	<ul style="list-style-type: none"> • We are learning how to have good relationships with others. • We are learning all about Active Listening and how to use it to build relationships with others. • We are learning how understanding our Character Strengths can help us to get along with and relate to others. 	<ul style="list-style-type: none"> • Character Strengths • Relate • Get Along • People • Active Listening • 'Stop, Understand and Consider' • Team HAP • Friendships • Relationships • Differences • Perspectives • Dopamine 	<p>Caring friendships</p> <p>2. That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. Pupils should learn skills for developing caring, kind friendships.</p> <p>3. That not every child will have the friends they would like at all times, that most people feel lonely sometimes, and that there is no shame in feeling lonely or talking about it.</p>

Engage x 2 Lessons	<ul style="list-style-type: none"> • We are recapping on all of the strategies that we have learnt to help us to feel our best. • We are starting to review how effectively we are using these habits and how we can use them even more. • We are reviewing how to help ourselves feel good and do good. • We are learning about how Goal Setting can help us to achieve even more. 	<ul style="list-style-type: none"> • Engage • Activity • Goal • Feel Good • Do Good • Believe to Achieve • Happy Breathing • Habits • Perseverance • Resilience • Cortisol • Dopamine • Team Goals 	
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Yasmine and Tom Curriculum

	Learning Objectives	Key Vocabulary	Department of Education (DFE) Statutory Statements for Primary Schools
Lesson 1: Changes at puberty- Revisited Lesson from Y5	<ul style="list-style-type: none"> • Identify some of the changes that happen to our bodies. • Describe who to talk to when we need help dealing with puberty. • Ask for support for any changes that are difficult to manage. 	<ul style="list-style-type: none"> • Breasts • Nipple • Hips • Vagina • Discharge • Hormones • Mood swings • Oestrogen • Progesterone • Puberty • Pubic hair • Testosterone • Voice breaks • Wet dreams • Testicles • Penis • Erection • Scrotum • Facial hair 	Developing bodies 1. About growth and other ways the body can change and develop, particularly during adolescence. This topic should include the human lifecycle, and puberty should be discussed as a stage in this process. 2. The correct names of body parts, including the penis, vulva, vagina, testicles, scrotum, nipples. Pupils should understand that all of these parts of the body are private and have skills to understand and express their own boundaries around these body parts.

		<ul style="list-style-type: none"> • Growth spurt • Voice box 	
<p>Lesson 2: Periods (menstruation)/Boy changes Revisited Lesson from Y5</p>	<p>Explain what a period (menstruation) is.</p> <p>Suggest ways to overcome possible problems from periods.</p> <p>Girls:</p> <ul style="list-style-type: none"> • Explain what a period (menstruation) is. • Suggest ways to overcome possible problems from periods. <p>Boys:</p> <ul style="list-style-type: none"> • To understand what happens to my body as I grow 	<ul style="list-style-type: none"> • Cervix • Egg • Fallopian tubes • Fertilised • Lining of the womb • Menstrual cup • Menstrual cycle • Ovary • Ovulation • Period pants • Periods (menstruation) • Sanitary towel • Tampon • Uterus • Vagina • Washable pads 	<p>Developing bodies</p> <p>3. The facts about the menstrual cycle, including physical and emotional changes, whilst the average age of the onset of menstruation is twelve, periods can start at eight, so covering this topic before girls' periods start will help them understand what to expect and avoid distress.</p>
<p>Lesson 3: Equality and the law (Lesson 8)</p>	<ul style="list-style-type: none"> • Describe what discrimination is. • Explain that groups of people are protected by the Equality Act. • Describe ways to challenge prejudice and discriminatory behaviour. 	<ul style="list-style-type: none"> • Discrimination • Equality • Equality Act 	
<p>Lesson 4: Dangers of smoking (Lesson 9)</p>	<ul style="list-style-type: none"> • Know the facts about smoking/vaping and the associated risks. 	<ul style="list-style-type: none"> • Addiction • Carbon monoxide • Cigarettes • E-cigarettes • Harmful • Inhale • Lungs • Nicotine • Nicotine patch • Passive smoking • Tar • Tobacco • Vaping 	<p>Drugs, alcohol, tobacco and vaping</p> <p>: 1. The facts about legal and illegal harmful substances and associated risks, including smoking, vaping, alcohol use and drug-taking. This should include the risks of nicotine addiction, which are also caused by other nicotine products such as nicotine pouches.</p>

<p>Lesson 5: The effects of alcohol (Lesson 10)</p>	<ul style="list-style-type: none"> • Understand the effect that alcohol can have on the body. • Understand about units of alcohol. 	<ul style="list-style-type: none"> • Alcohol • Binge drinking • Legal age • Sober • Units of alcohol 	<p>Drugs, alcohol, tobacco and vaping:</p> <p>1. The facts about legal and illegal harmful substances and associated risks, including smoking, vaping, alcohol use and drug-taking. This should include the risks of nicotine addiction, which are also caused by other nicotine products such as nicotine pouches.</p>
<p>Lesson 6: Legal and illegal drugs (Lesson 11)</p>	<ul style="list-style-type: none"> • Explain that there are risks associated with using any type of drug and identify some of the risks and effects of drug use. • Recognise that drugs have laws related to them and that some drugs are illegal to own, use or give to others. • Analyse the level of risk in different situations, identifying that drugs can affect people in different ways. • Explain that for some people drug use can become an unhealthy habit that can be difficult to break but there is support available to help people. • Know where to report any concerns 	<ul style="list-style-type: none"> • Addiction • Alcohol • Caffeine • Cannabis • Cocaine • Drug • Drug Classification • E-cigarette • Ecstasy • Illegal Drugs • Legal Drugs • Nitrous oxide 	<p>Drugs, alcohol, tobacco and vaping:</p> <p>1. The facts about legal and illegal harmful substances and associated risks, including smoking, vaping, alcohol use and drug-taking. This should include the risks of nicotine addiction, which are also caused by other nicotine products such as nicotine pouches.</p>
<p>Lesson 7: Coping With Grief (Lesson 12)</p>	<ul style="list-style-type: none"> • Describe what bereavement is. • Understand that change and loss can trigger a range of feelings. • Know that everyone grieves differently and this is natural. • Know where and how to seek support. 	<ul style="list-style-type: none"> • Bereavement • Emotions • Grief • Help • Support • Well-being 	<p>General wellbeing</p> <p>8. That change and loss, including bereavement, can provoke a range of feelings, that grief is a natural response to bereavement, and that everyone grieves differently</p>
<p>Lesson 8: Marriage and civil partnership (Lesson 13)</p>	<ul style="list-style-type: none"> • Give some reasons why people choose to marry or enter a civil partnership. • Know relationships can bring us joy and they can give us meaning. They can be good for us; through our relationships we learn who we are, how to be less selfish and how to think of others. • Understand for most Christians and people of other faiths and beliefs there is often a special ceremony of promises and rituals to mark marriage. 	<ul style="list-style-type: none"> • Civil partnership • Commitment • Marriage 	<p>Families and people who care for me</p> <p>5. That marriage and civil partnerships represent a formal and legally recognised commitment of two people to each other which is intended to be lifelong.</p>

Lesson 9: First aid (Lesson 14)	<ul style="list-style-type: none"> • Explain some situations where someone might need to do first aid. • Make a clear call for help to emergency services. • Understand the basics of first aid, for example dealing with common injuries like head injuries. 	<ul style="list-style-type: none"> • Burn • Casualty • Choking • CPR- Cardiopulmonary Resuscitation • DRABC- Danger, Response, Airway, Breathing, and Circulation. • Emergency services • Hazards • Head injury • LIONEL- Location, Incident, Other services, Number of people, Extent of injuries, Location confirmation • Minor • Scald • Severe 	<p>Basic first aid:</p> <ol style="list-style-type: none"> 1. How to make a clear and efficient call to emergency services if necessary, including the importance of reporting incidents rather than filming them. 2. Concepts of basic first aid, for example dealing with common injuries and ailments, including head injuries.
Lesson 15: PANTS resources	https://learning.nspcc.org.uk/research-resources/schools/pants-teaching		

Additional Online Safety lesson: ?????

Special Themed Weeks:

- Welcome back to school- Look at class charter, Zones of Regulation
- Anti-Bullying Week
- Children In Need
- Children's Mental Health Week
- Safer Internet Day
- Comic Relie