



# Shadsworth Junior School



## Curriculum

### Year 6 Scheme of Work

**Term: Summer 1**

**Topic: PSHE- Relationships**

#### Key Skills and Knowledge:

- I know that it is important to take care of my mental health
- I know how to take care of my mental health
- I understand that there are different stages of grief and that there are different types of loss that cause people to grieve
- I can recognise when people are trying to gain power or control
- I can judge whether something online is safe and helpful for me
- I can use technology positively and safely to communicate with my friends and family

#### Reading and Writing Opportunities (Long and Short Activities)

##### Creative Ideas and Hooks

- Hand out the set of 'situation cards' to various members of the class. One at a time ask the children who have the cards to read out what it says, and then the class needs to decide if the situation is a 'challenge' or a 'support'.
- Create a poem; acrostic, image, limerick, about loss and the feelings that surround it.
- Read 'The Dragonfly'.
- Use the slide headed 'Power and Control' to bring up a series of newspaper headlines reflecting different situations in which power and control are being exercised
- Create a leaflet for how a child their age would know if something was safe or harmful on the internet.

#### Links to PSHCE, Equality and British Values Work

Democracy – Making their opinions known when discussing scenarios.

Mutual Respect – Appreciating how people who have problems with their mental health may feel.

Rule of law – Learn SMARRT rules for keeping safe online.

Individual liberty - Making choices as to whether situations are a challenge for someone's mental health or a support to their mental health. Making decisions about whether certain things online are safe or can be trusted and also how to handle problems online using SMARRT rules.

Tolerance of others beliefs – Listening to another person's point of view.

#### Key Vocabulary:

#### Resources Available / Visits/Visitors

#### Useful Websites:

Mental health  
Ashamed  
Stigma  
Stress  
Anxiety  
Support  
Warning  
Support  
Self-harm  
Power

Risks  
Pressure  
Influences  
Self-control  
Real/Fake  
True/untrue  
Cyberbullying  
Assertive  
Control  
Authority  
Bullying Script

Jigsaw PSHE  
Scheme

[www.jigsawpshe.com](http://www.jigsawpshe.com)

#### Previous Knowledge:

I can compare different types of friendships and the feelings associated with them. I can also explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure.

I can apply strategies to manage my feelings and the pressures I may face to use technology in ways that may be risky or cause harm to myself or others.