



CVPS



PACE Academy Trust

CHIPSTEAD VALLEY PRIMARY SCHOOL Wellbeing Curriculum Overview

Year 6

Relationships

- The link between values and behaviour
- How to be a positive role model in school and the wider community
- How to discuss ideas respectfully and listen to others
- How to constructively challenge points we do not agree on
- The features of a healthy and unhealthy relationship
- What it means to be attracted to someone and different kinds of relationships
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- Ways of managing feelings at times of loss, grief and change
- How to manage change when moving to a new year group
- Zones of regulation
- How to regulate myself during big feelings
- How negative experiences such as bullying can affect mental wellbeing
- About the process of grieving after loss and the impact this can have on us
- Preparing for the transition to secondary school

Equality and Diversity

- That people who love each other can be of any gender, ethnicity or faith
- What prejudice means and to differentiate between prejudice and discrimination
- How to recognise acts of discrimination and safely challenge this
- How to recognise stereotypes in different contexts and the influence they can have on attitudes
- How to challenge stereotypes safely

Keeping Safe

- Keeping Safe Week- Police visit
- NSPCC Pantasaurus
- What consent means and how to give/not give permission in different situations
- How to travel via public transport safely in preparation for secondary school (TfL workshop)

Online Safety

- Safer Internet Day
- Strategies to respond to pressure online
- How to assess the risk of different online 'challenges' and 'dares'
- That being unkind to someone online is damaging to their mental health
- Ways to participate effectively in discussions online and manage conflict or disagreements
- How to balance time online with other activities
- How to protect personal information online
- The dangers of sharing images online and the impact this can have
- Who to speak to and how to report if I access something inappropriate online
- How to report the misuse of personal information/sharing of upsetting content/images online
- To identify potential risks of personal information being misused online and how to prevent this

Health and Wellbeing

- How people make choices about what to eat and drink
- That smoking and e-smoking can be harmful
- How to be active on a daily and weekly basis
- How lack of sleep can impact our body, especially in the lead up to exams (SATs)
- To identify the link between love, committed relationships and conception
- About the responsibilities of being a parents/carer and how having a baby changes someone's life
- That pregnancy can be prevented with contraception
- Ways in which couples show their love and commitment to one another, including those who are not married or who live apart
- What marriage and civil partnership mean
- That mental health is just as important as physical health and anyone can be impacted by poor mental health
- What can contribute to poor mental health and how can we get support?
- How we can manage anxiety in the lead up to exams

Being a Responsible Citizen

- Our shared responsibility if someone is put under pressure to do something dangerous and it goes wrong
- How to show care and compassion for our world
- How resources are allocated impacts everyone
- To express our opinion about our responsibility towards the environment
- About the role money plays in people's lives
- The importance of being a critical customer- thinking about value for money and influences of purchases
- How not having money can impact on wellbeing
- The dangers of debt, fraud and gambling
- How money can be gained, lost or stolen