



End of Year Attainment Summary – PSHE (Health & Relationships)

Year Group: 6	To be taught in stipulated term:		
Living In The Wider World.	Autumn 1:	Autumn 2:	
I can understand that there are consequences with anti-social and aggressive behaviours. UK Law –rights & responsibilities.			
I am aware of the different ways that the Government allocate money, and how these choices affect individuals, communities and the environment (social housing, financial benefits, flood defences, parks & recreation)			
I can discuss how I could contribute to society in the future (charities, voluntary events, choice of career, politics).			
I use my knowledge of local and global environmental problems to raise awareness of how we can help our planet and community and follow strategies to reduce further harm: recycle, reduce, reuse.			
I can discuss and debate topical issues, respect other peoples’ point of view and constructively challenge opinions I disagree with.			
I can appreciate that as the UK is a democracy, there is a wide diversity of people with different views and identities (spiritual, moral, social, cultural).			
I can understand that the English ‘rule of law’ is there to protect the safety and well-being of all the people who live in this country			
I understand what makes Britain a democracy, rather than a dictatorship, and can explain how to			

take part in making and changing rules (elections, voting, Parliament)			
I can listen and respectfully respond to a wide range of people who are different to myself in traditions, beliefs, lifestyles, etc.			
I can identify methods of improving the environment and explain reasons for doing so.			
To provide an income for my future, I can set myself aspirational goals: identify jobs which are of interest to me, along with specifically required education.			
I understand the importance of budgeting.			
Critically evaluate websites for reliability of information and authenticity.			
Health and Wellbeing.	Spring 1:	Spring 2:	
I understand that my mental health can be negatively affected, however, I can understand the benefits of sharing worries and concerns.			
I know how to plan towards my long term health benefits – healthy eating, physical lifestyles and mental/emotional health awareness.			
I am aware that bad habits (inactivity, sugary and fatty products) can affect my health, while good habits can be beneficial (sport, healthy eating and regular bedtimes).			
I can spot early signs of physical illness(tooth decay, sight loss or obesity) which can affect my mental wellbeing – and be aware of people who can help: doctors, nurses, dentist, etc.			
I can maintain my personal hygiene and explain reasons for basic hygiene.			
I understand that my body changes as I reach puberty and the reasons why.			
I am aware that my feelings can change and range in intensity so know how to manage and respond appropriately.			

To identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction.			
I am aware that Female Genital Mutilation (under any name) is against British law. What to do, and whom to tell, if they think they or someone else, may be at risk.			
GIRLS – When I reach puberty I am aware of menstruation, the use of sanitary products and who I can talk to for advice/support.			
I am aware that for some people gender identity does not correspond biologically.			
I can take responsibility for my own safety by making the right choices and understanding possible consequences: (grooming, drug awareness, county lines, carrying knives, etc.)			
I am developing strategies for staying safe when out by myself or friends: railways, waterways, electricity pylons and fireworks.,			
I can use first aid techniques, deal with common injuries and know how to call the emergency services if a problem arises.			
Become increasingly savvy online consumers: know that algorithms are used to track online activities with a view to targeting advertising and information.			
I can identify positive things about myself and set myself achievable goals			
I can face new challenges positively by collecting information, looking for help, making responsible choices and taking action			
Relationships.	Summer 1:	Summer 2:	
I can show awareness of many 'different types' of healthy relationships (friends, family & marriage) –			

identifying the characteristic which make them positive.			
I know how to keep myself safe by identifying unhealthy relationships and their negative characteristics, which could put me in danger.			
I can demonstrate how to respond to racism, bullying or aggressive behaviours - and know who & where to go in-order to get help			
I can share the importance of respecting others, even when they are very different from myself, (physically, in character, personality, backgrounds, choices, different preferences or beliefs). <i>LGBT Year 6</i>			
Debate/share understanding of gender stereotyping.			
I can explain where I can get help or support and identify where family or friends can get support.			
I know when and why to use Cape's empowerment slogan: 'No! Stop! I don't like it.' - I can recognise and now how to report abuse, including emotional, physical and sexual.			
I know the 'PANTS' rule and can explain to others to keep them safe too.			
I am aware that domestic violence is wrong and help is available.			