



## RSE and PSHE lesson overview per year group

YEAR 6	
<b>Family and relationships</b>	
Lesson 1	Introduction to RSE and setting ground rules
Lesson 2	Respect - how this can we gained and lost
Lesson 3	Developing respectful relationships
Lesson 4	Challenging stereotypes
Lesson 5	Different types of stereotyping
Lesson 6	Resolving conflict - negotiation and compromise
Lesson 7	Change and loss - the emotions relating to grief
<b>Safety and the changing body</b>	
Lesson 1	The risks associated with alcohol
Lesson 2	Critical digital consumers
Lesson 3	Social media
Lesson 4	Physical and emotional changes of puberty  (vocabulary: cervix, ovary, fallopian tube, uterus, vagina, vulva, clitoris, labia, penis, bladder, testicle, scrotum, sperm duct, breasts, nipples)
Lesson 5	Conception  (vocabulary: sperm, egg, erection, fertilise, conception, sexual intercourse) <b>Parental consent required</b>
Lesson 6	Pregnancy and birth  (vocabulary: sperm, egg, erection, fertilise, conception, sexual intercourse, relationship, pregnancy, commitment, baby, love, care) <b>Parental consent required</b>
Lesson 7	First Aid - choking
Lesson 8	Basic life support
<b>Health and wellbeing</b>	
Lesson 1	What can I be? - setting long term goals

Lesson 2	Relaxation - mindfulness
Lesson 3	Taking responsibility for my health
Lesson 4	Resilience toolbox
Lesson 5	The facts about immunisation
Lesson 6	Physical health concerns - where to get help
Lesson 7	Habits - positive and negative

<b>Citizenship</b>	
Lesson 1	Human rights
Lesson 2	Food choices and the environment
Lesson 3	Caring for others
Lesson 4	Prejudice and discrimination
Lesson 5	Valuing diversity
Lesson 6	National democracy
<b>Economic wellbeing</b>	
Lesson 1	Attitudes to money
Lesson 2	Keeping money safe
Lesson 3	Gambling
Lesson 4	What jobs are available?
Lesson 5	Career routes