



## Our PSHE lessons this half term in Year Y6

This half term, our classes will all be learning about the topic Being my Best. The majority of the content in these lessons is **statutory for all pupils** in line with the DfE Relationships Education and Health Education statutory requirements.

We feel it would be useful for our parents and carers to have a clear idea of what sort of content is being introduced in our lessons as they are REALLY important topics and often provoke discussion and questions which may also be brought home. Please rest assured that all lesson content is handled with sensitivity, respect and in an age appropriate manner, with much of the focus being around keeping ourselves safe and both physically and mentally healthy.

If you would like any further information about the relationships and health learning that is taking place then please do not hesitate to get in touch with your class team in the usual way. We are here to help! 📧

Mrs Helen Jones

PSHE lead teacher

Lesson	Lesson Focus	Lesson Content
1	This will be your life!	<ul style="list-style-type: none"><li>• Identify aspirational goals;</li><li>• Describe the actions needed to set and achieve these.</li></ul>
2	Our recommendations	<ul style="list-style-type: none"><li>• Present information they researched on a health and wellbeing issues outlining the key issues and making suggestions for any improvements concerning those issues.</li></ul>
3	What's the risk? (1)	<ul style="list-style-type: none"><li>• Identify risk factors in a given situation;</li><li>• Understand and explain the outcomes of risk-taking in a given situation, including emotional risks</li></ul>
4	What's the risk (2)	<ul style="list-style-type: none"><li>• Recognise what risk is;</li><li>• Explain how a risk can be reduced;</li><li>• Understand risks related to growing up and explain the need to be aware of these;</li><li>• Assess a risk to help keep themselves safe.</li></ul>
5	Basic first aid including sepsis awareness	<ul style="list-style-type: none"><li>• How to make a clear and efficient call to emergency services if necessary.</li><li>• Concepts of basic first-aid, for example dealing with common injuries, including head injuries.</li></ul>
6	Five ways to wellbeing project!	<ul style="list-style-type: none"><li>• Explain what the five ways to wellbeing are;</li><li>• Describe how the five ways to wellbeing contribute to a healthy lifestyle, giving examples of how they can be implemented in people's lives</li></ul>