

Sleep and relaxation

We learn that sleep is important for health and we talk about how we can relax before bed. We learn relaxation and breathing techniques in the yoga Zen Den.

Friendship and Bullying

Pupils learn about what constitutes a positive, healthy relationship and that relationships can change over time. They identify different kinds of loving relationships and describe the qualities that enable these relationships to flourish. They explain the expectations and responsibilities of being in a close relationship and recognise how relationships may change or end and what can help people manage this.

Online safety

We identify benefits and risks of mobile devices broadcasting the location of the user/device. Identify secure sites by looking for privacy seals of approval. We identify the benefits and risks of giving personal information. We review the meaning of a digital footprint. We have a clear idea of appropriate online behaviour. We begin to understand how information online can persist. We understand the importance of balancing game and screen time with other parts of their lives. We identify the positive and negative influences of technology on health and the environment.

Healthy eating

We learn about nutrients. We learn that all food and drinks provide nutrients. Different types of food and drinks provide nutrients in different amounts. We learn that to get the range of nutrients needed, we are all encouraged to eat a variety of food from different food groups – a healthy diet. The nutrients are carbohydrate, protein, fat, vitamins and minerals. Some food also provides fibre. Fibre is important as it helps to keep the gut healthy. We need water to stay alive. They learn that nutrients provided by the diet are released through digestion.

RSHE Scheme of Work

Year 6



Oral Health

We understand that different types of food can have different effects on their teeth. They complete an experiment to highlight this using water, coke and vinegar. We consider decay and how to prevent this.

Mental Health and Wellbeing

We learn about how feelings and emotions are affected and can be managed at changing, challenging or difficult times. We describe what can impact on mental health (life events and circumstances) and how mental wellbeing can be affected. We recognise that conflicting emotions and when these might be expected and explain how feelings and emotions change over time. We identify positive actions to support mental wellbeing during difficult times, including identifying their personal support network

Physical activity

Pupils learn that exercise, particularly aerobic activity that involves an element of coordination, has benefits for young people that go far beyond fitness. They are empowered to exercise regardless of their fitness baseline.



Drugs and Alcohol

We learn that some drugs are illegal. We learn that illegal drugs have many different names/slang names. We learn that some of the effects of illegal drugs on the body, in particular cannabis. We look at stereotypes around drug use.