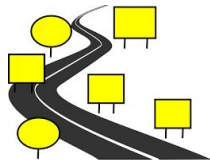




# Year 6 Curriculum For Life - Autumn Term 1: Health & Wellbeing



1. Life events and circumstances can affect our **mental health**.

2. **Loneliness** is normal and there are strategies to build **connections**.



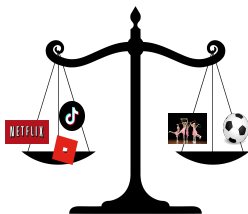
3. **Self care** strategies include: **connecting** with others, exercise, **relaxation**, being creative, eating well and learning something new.



4. Eating a **variety** of foods from different groups helps to maintain a balanced **diet**.



5. It is important to recognise the signs of physical **illness**.



6 & 7. Balancing tech use with 'real life' is important for both **physical** and **mental health**.

**Getting Help** - If you are worried about anything, talk to a trusted adult.  
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|                        |                                                       |
|------------------------|-------------------------------------------------------|
| <b>connecting</b>      | A person linked to others.                            |
| <b>diet</b>            | The kinds of food that a person eats.                 |
| <b>illness</b>         | A period of sickness affecting the body or mind.      |
| <b>mental health</b>   | Our emotional wellbeing.                              |
| <b>physical health</b> | Our physical wellbeing.                               |
| <b>self care</b>       | Taking action to improve or preserve your own health. |
| <b>relaxation</b>      | A state of being free from tension or anxiety.        |
| <b>variety</b>         | A range of different things.                          |



# Year 6 Curriculum For Life - Autumn Term 2: Relationships



2. Friends can **support** each other in numerous ways.



1. **Commitment** is important for people's health, wellbeing and relationships.



3. It is important to challenge **prejudice** and **discrimination**.



4. Bullying and cyberbullying can have a great impact on an individual.



5. **Screenshotting** can help evidence **cyberbullying**.



6. There are different ways to **report** and **flag** **illegal content** on different **platforms**.



7. There are many different types of **abuse**.

|                        |                                               |
|------------------------|-----------------------------------------------|
| <b>abuse</b>           | Cruel or violent treatment.                   |
| <b>commitment</b>      | Being dedicated to a cause, person or people. |
| <b>discrimination</b>  | Unjust treatment of categories of people.     |
| <b>flag</b>            | To draw attention to something.               |
| <b>illegal content</b> | Anything that breaks the law.                 |
| <b>platform</b>        | A digital service that uses the internet.     |
| <b>prejudice</b>       | An opinion that is not based on reason.       |
| <b>report</b>          | To give an account of something.              |
| <b>screenshot</b>      | An image of the data displayed on a screen.   |

**Getting Help** - If you are worried about anything, talk to a trusted adult.



# Year 6 Curriculum For Life – Spring Term 1: Citizenship



1. Sometimes **rights** can be **conflicted**.



3. **Global citizens** take an active role to make our planet more **peaceful** and **sustainable**.

4-5. **The G7** host an annual **summit** to discuss the world's biggest problems and how to



2. There are laws in place relating to **social media posts**.



6. There are different ways to develop a positive **online reputation**.

|                           |                                                                         |
|---------------------------|-------------------------------------------------------------------------|
| <b>citizen</b>            | An inhabitant of a particular society or place.                         |
| <b>conflicting rights</b> | When rights work seem to work against each other.                       |
| <b>The G7</b>             | A group of 7 countries: Canada, France, Germany, Italy, Japan, UK, USA. |
| <b>global</b>             | The whole earth.                                                        |
| <b>peaceful</b>           | Not involving war or violence.                                          |
| <b>reputation</b>         | A belief or opinion that other people have about you.                   |
| <b>summit</b>             | A meeting or conference to ease international tensions.                 |
| <b>sustainable</b>        | Changes we can make to our planet.                                      |

**Getting Help - If you are worried about anything, talk to a trusted adult.**



## Year 6 Curriculum For Life - Spring Term 2: Health & Wellbeing



1. Head injuries can be either **mild** or **severe**.



2. Being **assertive** is the best way to deal with **influences** and **pressures**.



3. The **media** can affect the way we think about drugs and alcohol.



4. Attraction is a normal part of **puberty**.



5. **Consent** is essential when choosing to start a physical relationship.



6. Some online content targets people to gain money or information illegally through **scams**.



|                   |                                                        |
|-------------------|--------------------------------------------------------|
| <b>assertive</b>  | Having or showing confidence.                          |
| <b>consent</b>    | Giving permission for something to happen.             |
| <b>influences</b> | Affecting the opinions or behaviours of others.        |
| <b>mild</b>       | Not severe or serious.                                 |
| <b>media</b>      | A means of mass communication.                         |
| <b>pressure</b>   | Attempting to force or coerce someone to do something. |
| <b>puberty</b>    | When a child's body develops into an adult body.       |
| <b>scams</b>      | A dishonest scheme (fraud).                            |

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# Year 6 Curriculum For Life - Summer Term 1: Relationships



1. Negative **stereotypes** of visible difference are often used on TV/in films.



2. Negative stereotypes can lead to people treating those with **visible** differences badly.



3. **Consent** should be gained and not assumed in the absence of 'no'.



4. It is important to respect other people's **boundaries** online.

5. The term '**inappropriate**' might mean different things to different people.



6. There are different consequences to **anti-social** behaviour.

|                      |                                                                                       |
|----------------------|---------------------------------------------------------------------------------------|
| <b>anti-social</b>   | Actions which violate the rights of others.                                           |
| <b>boundaries</b>    | A limit.                                                                              |
| <b>consent</b>       | The act of allowing someone to do something.                                          |
| <b>inappropriate</b> | Not suitable.                                                                         |
| <b>stereotype</b>    | An assumption about what someone will do / act based on a particular group or aspect. |
| <b>visible</b>       | Something that you can see.                                                           |

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# Year 6 Curriculum For Life - Summer Term 2: Economic Wellbeing



## 1. Manufacturers

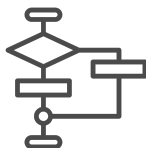
and shops advertise to **persuade** people to spend money.



5. Different forms of **currency** are used in other countries.



4. When **gambling**, participants have no idea if they will win or lose.



6. **Algorithms** are used to ensure users find the best search results online.

2. It is important to consider the risks and potential consequences before **borrowing** money.



3. The government uses **taxes** to provide for a community's needs.

|                          |                                                                           |
|--------------------------|---------------------------------------------------------------------------|
| <b>borrowing</b>         | Money that you are loaned that you have to pay back.                      |
| <b>currency</b>          | The official money of a country.                                          |
| <b>gambling</b>          | A risk where money is swapped in the hope of winning something better.    |
| <b>influence</b>         | A thing or person that affects another.                                   |
| <b>persuasive design</b> | Psychological principles used to design products that influence behavior. |
| <b>tax/es</b>            | Money paid to the government to fund public services.                     |

7. **Persuasive design online** may be used to **influence** behaviour.

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