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Year 6

Personal Development, Wellbeing and Safeguarding in Our Curriculum

Character Development Year 6: Preparing for the Future – Leadership, Reflection, and Integrity

Focus: Transition readiness, ethical leadership, and self-mastery

- Mentoring younger pupils and leading school initiatives - prefects' ambassadors, school council, opal play leader
- Personal reflection on personal growth through journals or portfolios
- Developing and presenting on core personal values
- Discussing ethical dilemmas and making informed choices
- Public speaking, debating, and expressing thoughtful opinions
- Balancing independence with responsibility
- Contributing positively to digital spaces
- Practising gratitude and writing thank-you letters – These thank community resources such as community crafting and community links
- Exploring resilience and mental wellbeing for secondary transition

Community Link: Home Instead

Christmas Carols and WWII Performance

Letter/Postcard to a Local Community Member

Computing

- Reflect critically on online identity, peer pressure, and how the internet can influence feelings and self-image.
- Understand online manipulation techniques (e.g. advertising, influencers, grooming risks).
- Know how to act safely, ethically, and respectfully as digital citizens.
- Understand the permanence of online actions and the importance of consent in sharing content.
- Build emotional resilience to respond to online challenges, misinformation, and social pressures.

PSHE

- Create a concise set of learning outcomes linked to Safeguarding and Wellbeing learning outcomes
- Describe a wide range and intensity of feelings and emotions, including conflicting or complex feelings.
- Explain the importance of feelings and apply positive strategies to manage them effectively.
- Identify where and how to seek help and support for challenging emotions.
- Describe life changes that may cause conflicting emotions, including grief, and explain coping strategies.
- Understand the grieving process and ways to manage loss and transition.
- Recognise physical and emotional changes during puberty and know how to manage them.
- Understand personal rights to bodily autonomy and know when to seek help for protection.
- Describe personal hygiene routines and ways to prevent infection.
- Identify legal and illegal substances, their risks, and impact on health and wellbeing.
- Understand habits related to substance use and locate support for positive lifestyle changes.
- Explain personal responsibility for safety in local environments and emergencies, including basic first aid.
- Demonstrate strategies to stay safe online, understand digital footprints, and mobile phone safety.
- Understand wellbeing and critically discuss health-related issues in media and society.
- Explain the importance of human rights, how they are protected, and where to seek help if violated.
- Recognise the roles of local community and pressure groups and their impact.
- Identify antisocial behaviour, its consequences, and appropriate responses or sources of support.
- Understand basic financial concepts related to wellbeing and identify reliable advice sources.
- Critically evaluate media influence and practice careful judgement before sharing information.
- Listen respectfully and respond appropriately to others' feelings and opinions.
- Recognise similarities and differences among people and challenge stereotypes.
- Apply negotiation and conflict resolution skills to manage disputes.
- Understand confidentiality, when it should be maintained or broken, and how to report concerns.
- Judge appropriate and inappropriate physical contact and respond accordingly.

Teaching opportunities include: assemblies, police-led assemblies, Safeguarding Ambassadors, the Junior Leadership Team, Anti-Bullying Week, Mental Health Week, mindfulness activities, school health-led sessions, residential trips, productions, and Bedazzle.

Promoting Future Aspirations

"Future Me" Letters

Write a letter to their future selves at age 18 or 25, describing their hopes, dreams, and plans.

Career Carousel

Invite a variety of professionals (including parents) to speak about their jobs in short rotating stations.

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Science

- Recognise the importance of safe behaviour when using scientific equipment to prevent harm and promote responsibility.
- Develop awareness of risk and safety when conducting investigations involving electricity, light, or heat.
- Follow routines and clear instructions to ensure safe, respectful, and inclusive group work during experiments.
- Collaborate positively during practical activities, promoting teamwork, trust, and mutual respect.
- Apply scientific understanding to real-life contexts to help keep themselves and others healthy and safe.
- Reflect on how access to electricity and clean energy supports wellbeing, fairness, and life opportunities worldwide.
- Explore how energy consumption affects environmental and community health, encouraging responsible choices.
- Develop confidence in sharing ideas and asking questions in a respectful, supportive learning environment.
- Understand how the human body functions and how lifestyle choices influence health and long-term wellbeing.
- Show empathy and curiosity when learning about body systems, respecting diversity and personal boundaries.
- Investigate how diet and exercise affect the heart, building awareness of physical health and emotional regulation.
- Learn about the risks of drugs and alcohol, supporting informed decisions and personal safety.
- Explore the emotional and social impact of climate change, pollution, and environmental damage.
- Take personal responsibility for reducing waste and conserving energy to protect shared environments.
- Build resilience and hope through understanding global efforts to address environmental challenges.
- Appreciate biodiversity and adaptation, recognising the importance of respecting all forms of life.
- Show curiosity and empathy when learning about human evolution and animal survival strategies.
- Consider moral and ethical questions in science, encouraging compassion, fairness, and responsibility.
- Recognise how scientific learning builds self-confidence, critical thinking, and a sense of meaningful contribution.
- Reflect on how everyday choices in science and life can lead to positive change, supporting self-worth and wellbeing.
- Use scientific knowledge to promote kindness, fairness, and safety within the classroom and wider society.

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- Promote inclusion, respect, and tolerance by understanding and appreciating different beliefs, faiths, and cultures.
- Support emotional and mental wellbeing through reflection on identity, emotions, and life experiences, in a safe and respectful space.
- Develop moral awareness by exploring concepts of right and wrong, personal responsibility, and the consequences of actions.
- Encourage empathy and compassion through storytelling, role play, and discussion of characters and real-life scenarios.
- Foster a strong sense of belonging and self-worth by recognising the value and uniqueness of everyone.
- Build resilience and reflective thinking by exploring forgiveness, second chances, and learning from mistakes.
- Promote responsible citizenship through engagement with community values, acts of kindness, and charitable action.
- Strengthen communication and collaboration skills through structured group activities and respectful dialogue.
- Enhance cultural literacy by exploring diverse religious traditions and the lived experiences of individuals in minority communities.
- Encourage safe choices and trust by discussing peer pressure, boundaries, and healthy relationships.
- Develop emotional literacy by expressing feelings, questions, and opinions with confidence and care.
- Prepare for modern life in a pluralistic society by exploring British values, ethical decision-making, and community responsibility.
- Promote safe and purposeful use of technology through digital presentations and responsible online engagement.
- Support SMSC development by linking spiritual, moral, social, and cultural themes to personal growth and wellbeing.

Votes for Schools: a weekly programme that gives pupils the chance to explore current issues, discuss them in class, and cast a vote on a key question. It develops critical thinking, respectful debate, and oracy skills, while supporting PSHE, SMSC, and British Values.

Underpinning Themes Year 6

Honesty: Fully understand the importance of honesty, integrity, and navigating challenging situations where being honest may be hard but necessary.
Respect: Be open-minded and use the knowledge we have built to be so. Practice understanding and support fairness for all.
Kindness: Fully understand the impact of kindness, making it a central part of your behaviour, and inspiring others to be kind, especially in challenging situations.
Cooperation: Fully understand the power of cooperation to work well with diverse groups and motivate others to collaborate towards common goals.
Responsibility: Fully understand the importance of responsibility in all areas of life. Taking on leadership roles and being a role model for peers.
Community: Lead by example in promoting a positive school culture, showing responsibility and care for the well-being of the entire school community, and resolving conflicts constructively.
Resilience: Be realistic about our hopes and expectations of ourselves, reflecting on mistakes we have made and supporting others to learn from theirs.
Aspiration: Fully understand the power of aspiration. Develop a strong sense of purpose and motivation to reach higher goals. Set ambitious goals for their future, showing resilience in the face of obstacles, and inspire others to do the same.
Adaptability: Take initiative in adapting to new situations, showing confidence in your ability to adjust and find solutions, while encouraging others to do the same.