



PSHEE & Citizenship Scheme of Work

Year 6

Spring Term 2018

(7wk / 5wk)

Visiting Speakers

Safer Internet Day – 6th February

Childnet Internet Safety Talk – TBC in assembly

Junior Citizenship Day – Monday 5th March Epsom Racecourse – 2 sessions, half a year per group. Groups TBC

Girls Meet the Nurse. *Please send the girls in your tutor group to the medical at 8:30am on the Wednesday below:*

FDB and JLM	11th Jan
LAR and MCL	17th Jan
SJG and GRH	24th Jan
JEB and KEB	31st Jan
WHB and WTE	7th Feb
JKS and LCG	14th Feb
SPARE	28th Feb

GROUND RULES -Before each topic you cover this term please go over the ground rules that you have already set out with your group.

Content (Suggested number of lessons in brackets)	Learning Focus	Resources
New Years Resolutions & Target Setting (1)	1. To review progress made last year, refer to targets set and whether they were achieved, discuss targets set by teachers on Christmas reports. Set SMART targets for this term. 2. Remind pupils of the ground rules set at the start of last term and check they are still on display.	Please ensure that all targets are SMART (specific, manageable, attainable, relevant and time related) and ideally 1 academic, 1 personal 1 extracurricular (sport/music/drama etc...). If pupils are struggling to set targets try Target setting story and worksheet Tutor Booklets to record targets
<u>Internet Safety</u> <i>Safer Internet Day – 7th February</i> Childnet Internet Safety Talk –	In ICT Yr 6 focus on issues relating to social networking making a particular reference to Facebook. Even though the age of consent for Facebook is 13, we are aware that many children have an account and it is vital that they learn 'in advance' the ways of maintaining privacy and altering settings and a common sense approach to what is inadvisable to post.	1) Play this youtube clip: " Can I be your friend? ", discuss the difference between real and cyberfriends, who can essentially be strangers. It's not the number of "Friends", but their quality that counts! 2) The Moral Compass Use this to discuss issues raised about morality and the internet. You will need to print it out. 3) Play these 'Tracy Beaker You Choose' films: (quality is a bit iffy as the originals

	<p>In ICT lessons, there will be a focus on digital footprints. It is important that children understand that the Internet is a permanent construction, and anything they put on it, no matter how small or silly, will be there forever. Deleting a post/picture is not permanent, and can be retrieved.</p> <p>It is also worth highlighting the topic of Intellectual Property. Once a photo is on Facebook, a public forum, who owns that image?</p>	<p>are no longer on iplayer)</p> <p>"Come alone, Carmen" "Cyberbullying" "Beg, borrow and steal"</p> <p>You can choose the outcomes, use to discuss issues raised.</p> <ol style="list-style-type: none"> 4) There may be resources available from the ChildNet talk, You can use these are talking points. 5) Go over the SMART rules learnt in ICT and during the ChildNet talk. Look at the the Kidsmart website regarding digital footprints to understand what is meant by this term.
<p><u>Stress & Relaxation (1)</u> Start pupils thinking about how they can control their levels of stress, especially at times of pressure. This lesson should be right at the start of term as pupils are taking entrance tests in the first week, it should be discussed as relevant in a tutor session.</p>	<ol style="list-style-type: none"> 1. This program explores why we feel stressed and ideas of what we can do about it. 2. Exam stress in particular during entrance tests 3. Please discuss with your tutor groups about receiving results and how they must be aware that not all people will receive the results they want, discuss how they should be sensitive to others and not push for information. 	<ol style="list-style-type: none"> 1. Sense Primary – this is on every computer in all classrooms used for PSHEE (if not email help) - Go to "Start - All programs – Senseprimary" (or search Senseprimary). Listen to introduction, go to "Enjoy and Achieve", then select "Stress & Relaxation". 2. This Stressed Out Lesson links with the Stressed Out PPT and looks more specifically at exam stress 3. There are books with yoga and relaxation techniques in the library – ask LPK.
<p>Girls meet the Nurse</p>	<p>Girls should be sent to the school nurse as listed above. She will discuss puberty issues with them so they know where to go and what to do if they start their periods at school.</p> <p><i>NOTE: Puberty issues are introduced in Year 5 Science & PSHEE, girls have had a talk with parents in the Spring Term of Year 5. In year 7, they cover Sex education in science, supported in PSHE. Parents and pupils have workshops and seminars on Sex and Relationships education.</i></p>	<p>Meanwhile, boys should stay with their tutor who should talk to them briefly about what the girls are doing so they are not badgered or teased when they return. Mention not to rummage through girls bags and to be sensitive that they may have things that they may want to keep private.</p> <p>Hygiene in puberty will be discussed by the community nurse in her "Health and Hygiene" talk</p>
<p><u>Health & Hygiene in Puberty (1 and a tutor session)</u></p> <p>In science the pupils will cover a recap on the menstrual cycle, all aspects of puberty, physical and emotional. Please supplement this in PSHEE.</p>	<p>To understand the added hygiene and health issues associated with puberty</p>	<p>Visiting Speaker will discuss hygiene & puberty issues, which should be followed up in the tutor session that day.</p> <p>There is a DVD on the Danes Hill Media System if you feel it would be useful in your follow-up discussions "Brush up on hygiene"</p>
<p>Current Affairs - ongoing Please discuss daily news, its relevance, history and background as it arises. Useful</p>	<p>To develop the pupils knowledge of the world in which they live and debate issues arising</p>	<ol style="list-style-type: none"> 1) First News – papers available in staff room, help yourself <p>First News now have online resources and we are subscribed. There will be an app on the ipads (we</p>

<p>resources: Newsround This website provides a daily 7 minute program of news, and fantastic resources if you want to investigate a story in more detail, or understand the background of a news story in childspk BBC News – Pupils should be encouraged to watch the news daily and discuss in tutor periods Newspapers: Pupils should regularly bring in articles from newspapers at home for discussion. Firstnews is available in the Staff Common Room, to be used in tutor periods</p>		<p>are trying it out on the English/maths ones in the link cupboard first) For iPad: 1. Open the app, tap on the parental icon in the top right hand corner and follow the instructions (this is part of Apple’s parental control policy). 3. Tap ‘login’ and enter your web ID to activate your subscription: NEVOMCJ9 4. Select the issue you want to read and tap ‘download’. 2) Newsround Excellent daily news, background to stories and activities at Newsround 4) BBC News BBC News</p>
<p>General Knowledge, IQ, team building and brain teasers - ongoing</p>	<p>To develop the whole brain!</p>	<p>1. I have put books and games in the staffroom for you to help yourselves – please sign out, then back in with a comment. Please use these and any others you find on the internet (please let me know of any good ones so I can pass them on). 2. There are also logic problems and quizzes in the staffroom (with answers!). Feel free to photocopy and use as you see fit! 3. Also try Guardian website (as below) for news quiz 4. www.bbc.co.uk also has a Seven Day Quiz, updated every Friday.</p>
<p>Relationships I Tackling Bullying - The benefit of belonging to groups (2)</p>	<p>To provide pupils with the opportunity to think about bullying and how being in a group can be beneficial</p>	<ol style="list-style-type: none"> 1. Work through the Belonging to Groups power-point, and discuss issues raised 2. Divide the tutor group into 2, and then try out this: Benefits of Being in a Group Discussion; you will need lots of newspaper, Sellotape, pencils or other things to test the strength of their bridge. Discuss the benefits of working in groups
<p>Relationships II 1) What is friendship and where are the boundries? (1) 2) What to do if you are experiencing abuse</p>	<ol style="list-style-type: none"> 1.To discuss the qualities of a good friend, when friendships develop into relationships, relationships with your family as you get older, divorce and where to get advice. 2.To understand that abuse in the home is not acceptable, and how to tackle it 	<ol style="list-style-type: none"> 1.Boardworks PSHEE. Relationships Unit 1. Work through and discuss all slides. Please go to: My computer X: drive, Boardwork, KS3 PSHE Personal Wellbeing, Powerpoint, select relationships unit 1 2.DVD on the system, My Computer, X: drive, PSHE & Citizenship, PSHE, Year 6, Spring Term “Beyond the Boundary”. Watch the DVD together and discuss the issues raised, in particular discuss what to do in a situation where you or a friend is experiencing abuse. (Childline 08001111)

<p>Relationships III Homophobia (1)</p>	<p>To provide pupils with an understanding of the hurtful impact of words</p>	<ol style="list-style-type: none"> 1. Discuss the issues raised in the Gay Can Be Such A Sad Word power-point 2. Gay marriage BBC Newsround Article.
<p>Britain – A Diverse Society(1+)</p> <p>Fundamental British Values(2+)</p>	<p>To Appreciate the different identities in Britain and what shapes our identities. To consider what makes up local community. To investigate the different images we have of Britain. To discuss what makes a global citizen</p> <p>What are British Values</p> <p>What are the fundamental British Values: Democracy, rule of law, individual liberty, mutual respect & tolerance of those of different faiths and beliefs</p>	<p>Britain – a diverse society? Power point presentation. Boardworks Citizenship - <i>This should be on your computer front page, if not go to My computer X: drive, Boardworks Citizenship, select Unit 4 – Britain – a diverse Society</i></p> <p>Great British Bake 2015 off was won by a British Muslim. Here is an article that relates well to the subject.</p> <p>What are British Values? – good lesson starter and source of discussion which should lead you well into the next body of work....</p> <p>British Values PPT covering the fundamental British Values</p>
<p>Radicalisation</p>	<p>To understand the meaning of the word especially in the current climate.</p> <p>Show the trailer for star wars 3 and discuss how Anakin was once a jedi who became vulnerable because of the loss of his mum and how the evil lord was able to manipulate his situation to make him turn to the dark side. Tongue in cheek I know, but the children should be able to relate to this.</p>	<p>Star wars 3 – revenge of the sith. Movie trailer</p>
<p>Poverty in the UK</p>	<p>To link with the empathy lessons in PSHE and learn about the extent of poverty in this country. To discuss what we think the government could do about it, and what we can do to help.</p>	<ol style="list-style-type: none"> 1. Follow the Child Poverty in the UK lesson plan (you may want to print out the Politician's Shopping List, using the links to 6 animations which describe the real situations of 5 children in the UK: Chantelle, Chris, Danielle, Dillon, Samara. The children then have to act as politicians and decide where the money allocated to help eradicate poverty should go and where more should come from. 2. Case study – Leatherhead homeless shelter – http://leatherheadstart.org/ Explore the website. Highlight the fact that homelessness and poverty is not

		<p>just something that happens in cities. This shelter is on our doorstep. North Leatherhead is the one of the most (if not the most) deprived areas in Surrey, despite being next to Cobham and Oxshott, the some of the richest areas in the country.</p>
<u>Emotional Health I</u> A Sense of Self	What is means to have a sense of self, how to develop a sense of self, cultural identity, discrimination, stereotypes and where to go for help	<p>Boardworks PSHEE. Emotional Health Unit 2. Work through and discuss all slides.</p> <p><i>My computer X: drive, Boardwork, KS3 PSHE Personal Wellbeing, Powerpoint, select Emotional Health Unit 2</i></p>
<u>Emotional Health II</u> Body Image	To explore body image, media, eating disorders and where to go for help	<ol style="list-style-type: none"> 1. Start with Dove evolution video – shows before, during and after shots of a model getting ready for a photo shoot – highlights how makeup and image manipulation can give rise to unreal expectations of beauty 2. Two DVDs <i>My Computer, X: drive, PSHE & Citizenship, PSHE, Year 6, Spring Term “Real Smart about Girls’ body image” and “Real smart about boys’ body image”</i> 3. BBC Body image photos to spark debate Body image photos 4. BBC clips and lesson ideas to discuss body image issues: Body Image & Media Body image & Weight 5. Boardworks PSHEE Body image powerpoint work through and discuss issues raised: <p>Boardworks PSHEE. Emotional Health Unit 3. Work through and discuss slides up to 24 (not stress).</p> <p><i>My computer X: drive, Boardwork, KS3 PSHE Personal Wellbeing, Powerpoint, select emotional health unit 3</i></p> <p>There are also many books on Body Image on the PSHEE shelf in the library. Some have worksheets and quizzes that can be photocopied.</p>
<u>Emotional Health III</u> Empathy	To link with the Citizenship poverty lessons, consider the nature of empathy and compassion and looks at ways in which we can make a difference to our world	<p>Empathy PPT powerpoint – a poem to read and discuss, Empathy Lesson ideas of how to use the poem</p>
Target Review (1)	Review Spring Term Targets – What Went Well and Even Better If.	Tutor Booklets