

RHSE

YEAR 6



Southdale
C of E Junior school
Shining like stars in the universe

One Life - Year 6



STRENGTH OF SELF-AWARENESS

Session 1 MENTAL FITNESS

(Strength of Self-Awareness)

Know: Human Form:

I know my self-image is important for my mental fitness- its ok to be different

- know myself really well and can talk about my unique human self-personality, habits, strengths and weaknesses.
- that some people are trapped in this human form. This is why people compare themselves to others.

Session 2 MENTAL FITNESS

(Strength of Self-Awareness)

As a human Being know: I know that my mind should be my best friend

- that I am a bright light and my being is the most important part of who we are
- we all have values that make up our hearts/spirit and soul
- that thoughts are not facts

Session 3 MENTAL FITNESS

(Strength of Self-Awareness)

I know that I must be self-aware if I want to be my best self

- how they are currently showing up in the world
- that being self-aware means I can choose how I show up and what I say and do in line with my values

Session 4: SOCIAL FITNESS

(Families and people who care for me)

I know about marriage and why families are important for my health and safety

- know that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.
- how to recognise if family relationships are making them feel unhappy or unsafe, and how to feel help or advice from others if needed



STRENGTH OF SELF-AWARENESS

Session 5: SOCIAL FITNESS

(Caring friendships)

Know: I know how to show up as a good friend and person to do what is good and right.

- the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties
- that friendships should bring you enjoyment and healthy friendships are positive and welcoming and do not make others feel lonely or excluded.

Session 6: PHYSICAL FITNESS

(Healthy eating)

Know: I know the main facts about healthy eating

- what constitutes a healthy diet and understand calories and nutritional content (real food and myths)
- the impact of a poor diet on health
- you are in control of your health

SESSION 7: CONNECTION LESSON AND REVIEW

END GOALS:

Mental Fitness:

Know that they are human beings who were born to shine their values from their hearts. Know that they must keep an eye on their hearts through increased self-awareness if they want to love their one lives well. Know that they are not their minds or feelings and that being self-aware can help us all to self-correct and show up as our best selves.

Social Fitness:

Know that all families are different but they all share the same ingredients – love, care, protection. Marriage is the lifetime commitment and this is an important foundation to build a family. Caring friendships also help us to connect and build our social fitness.. Healthy friendships should make us feel included and happy.

Physical Fitness:

Know that the food we eat affects our minds and how they work,

Know that a healthy diet should be filled with a variety of colour and nutrients so our one mind and body works well for us.



STRENGTH OF OUR RESPONSE SYSTEM

Session 1 MENTAL FITNESS

(Strength of our response system)

Know: I know that all emotions are OK, but how I respond to them is the key to living my one life well.

- that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations

Session 2 MENTAL FITNESS

(Strength of our response system)

Know: I know that my mind is powerful

- that we all have a choice how we respond
- how my response systems work and what urges I have

Session 3 MENTAL FITNESS

(Strength of our response system)

Know: How to manage my response system to show up as my best self.

- and name emotions and explain what the smoke alarm is
- that you are the awareness of these emotions/opinion and not them

Session 4: PHYSICAL FITNESS

(Health and prevention)

Know that we only get one body and we should show it love, care and respect

- know what puberty is
- self-love is important to live your one life happily and safely
- self-care means listening to your body



STRENGTH OF OUR RESPONSE SYSTEM

Session 5: SOCIAL FITNESS

(Being Safe)

Know: I know about safe and unsafe touch and contact and why this is important

- each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical and other contact
- know what consent is and body privacy and how to keep safe
- how to recognise and report feelings of being unsafe or feeling bad about an adult

Session 6: SOCIAL FITNESS

(Being Safe)

Know: I know how to recognise and report unsafe feelings

- know the main names for private body parts on both boys and girls and why we use their correct names
- know that to live a safe live we must respect our own and other's privacy.
- know that our bodies are amazing and we must treat them with love and respect and keep ourselves safe.

SESSION 7: CONNECTION LESSON AND REVIEW

END GOALS:

Mental Fitness:

Know a range of emotions and words to describe them. Know that we all feel emotions differently and that our response system helps us to respond and not react if we get to know it well.

Know some of their main urges and how they can choose to do what is good and right if they are self-aware.

Social Fitness:

Know about being safe and how consent is important.

Know why self-respect is important and what to do of they feel unsafe and how to report it.



FLEXIBILITY OF BOUNCING BACK

Session 1 MENTAL FITNESS

(Flexibility of bouncing back).

Know: I know why forgiveness for myself and others is important in life.

- that bouncing back is important to my mental fitness
- to accept the isness of life and practice forgiveness for self and others

Session 2 MENTAL FITNESS

(Flexibility of bouncing back).

Know: I know that all mistakes are lessons and choose to grow from them and not be hindered by them

- know that some emotions can get trapped inside of us and we have to have tools to unravel them
- know that we should let little things easily to ensure inner peace and happiness

Session 3 MENTAL FITNESS

(Flexibility of bouncing back).

Know: I know how I can be flexible in life and why this is important.

- different ways to help you to bounce back peacefully
- how to recognize some of the habits you are building

Session 4: SOCIAL FITNESS

(Respectful Relationships)

Know: I know the importance of permission seeking in relationships and why no means no.

- the importance of permission-seeking and giving in relationships with friends, peers and adults.
- links to age-restrictions online and why adults put these boundaries in place out of love and care



FLEXIBILITY OF BOUNCING BACK

Session 5: SOCIAL FITNESS

(Respectful Relationships)

Know: I know how to show up respectfully in all situations and why it is important to do what is good and right.

- the conventions of courtesy and manners (above, table manners, group settings manners)
- practical steps they can take in a range of contexts to improve or support respectful relationships

Session 6: SOCIAL FITNESS

(Online Relationships)

- how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.
- how information and data is shared and used online.

Session 6: PHYSICAL FITNESS

(Drugs, Alcohol and Tobacco)

Know: I know about addiction and how this may affect people's mental and physical health

- facts about legal and illegal substances (focus on alcohol)
- that this is an addiction and the brain like repetition so choose positive actions which become habits
- that dopamine is released when you drink alcohol (makes you feel good in the moment but doesn't last)
- that some drugs are helpful and some drugs are dangerous
- additive –brain is wired for repetition

SESSION 7: CONNECTION LESSON AND REVIEW

END GOALS:

Mental Fitness:

- Know that life can be challenging and we all make mistakes.
- Know that we must let little things go and bounce back well.
- Know that we must learn how to say sorry and forgive ourselves and each other if we want to live our one life well.

Social Fitness:

- Know what boundaries are for permission seeking and giving of information online and offline.
- Know why parents put boundaries in place online out of love and care.
- Know how to show respect with their use of manners on and offline.
- Know about risks online with people who they have never met.
- Can explain how their social fitness helps them to do what is good and right.

Physical Fitness:

- Know about addiction and how this links to the brain,
- Know that it is a sign that their inner being isn't right or healthy.
- Know that addiction will never be helpful to them living their one life well.
- Know that this starts with vapes, phones, sugar, unhelpful habits etc.
- Know that they can choose!



POWER OF COMPASSION

Session 1 MENTAL FITNESS

(Power of Compassion)

Know: I know that self-compassion is important for my mental fitness

- that having self-compassion is very important – learning to be kind to yourself, accepting your mistakes and being comfortable with your feelings. This is one of the key secrets to happiness and mental fitness

Session 2 MENTAL FITNESS

(Power of Compassion)

Know: I know how to show compassion towards others and why it feels good and right.

- that when you make others feel good, it releases happy hormones (serotonin and oxytocin) which makes YOU feel good too!
- how to use the SENSES to be compassionate
- what sympathy, empathy, non-judgemental, sensitivity and extra care mean

Session 3 MENTAL FITNESS

(Power of Compassion)

Know: I know how to show compassion and what it means for my one life

- how to use the SENSES to be compassionate
- what sympathy, empathy, non-judgemental, sensitivity and extra care mean

Session 4: SOCIAL FITNESS

(Respectful relationships)

Know: I know the importance of self-respect, self-care and self-esteem as you grow and mature

- what a stereotype is and how they can be unfair, negative or destructive (cultural, ethnic, religious diversity, sexuality, gender, disability)
- summary of why respectful relationships are so important for a happy life
- how your mental fitness and self-esteem support respectful relationships
- the importance of permission-seeking and giving in relationships with friends, peers and adults



POWER OF COMPASSION

Session 5: SOCIAL FITNESS

(Caring Friendships)

Know: I know how to manage friendships and why this social fitness is important for my long-term health and well being

- how important friendships are in making us feel happy and secure and how you may choose to build new friendships too next year into Y7
- how to use your mental fitness to strengthen friendships

SESSION 6: CONNECTION LESSON AND REVIEW

END GOALS:

Mental Fitness:

Know that compassion means suffering together. Know that everyone suffers and we must always be self-compassionate when things go wrong. Know that the words we use matter and we must choose them wisely. Being compassionate to others can also help us to feel good about who we are growing to be. Know that by using the SENSES approach they can be compassionate to others when they are suffering.

Social Fitness:

Know the importance of self-respect, self-care and self-esteem as you grow and mature. Know that caring friendships and respectful relationships are vital for our overall wellbeing as we are born to connect with others in a safe and healthy way.



POWER OF NOW

Session 1 MENTAL FITNESS

(Power of NOW)

Know: I know why the power of now is important for my well-being and happiness

- know that the present moment is the gift of life
- know that our mind will try and take us away from it!

Session 2 MENTAL FITNESS

(Power of NOW)

Know: I know how to build my power of now

- how to give my full attention when doing and being
- and use senses to be fully alert- don't label it! Feel connected inside

Session 3 MENTAL FITNESS

(Power of NOW)

Know: I know why the power of now will help me in the moments of my life and in the future.

- the goodness in my life when I am still and present (gratitude for simple things)
- some simple techniques to help me use my power of NOW (mindful touch, mindful eating, mindful listening)
- being in the now will help me respond more peacefully to any challenges

Session 4: SOCIAL FITNESS

(Caring Friendships)

Know: I know how to show up in my friendships and do what is good and right.

- how to use my growing mental fitness in my friendships to be caring and kind
- know what child on child pressure is and the consequences of this
- understand the consequences of breaking the law and how the criminal justice service works.



POWER OF NOW

Session 5: PHYSICAL FITNESS

(Basic First Aid)

Know: I know some basic first aid techniques

- concepts of basic first-aid, for example dealing with choking

SESSION 6: CONNECTION LESSON AND REVIEW

EXTRA CONTENT IN LINE WITH RSE Changing Adolescent Body

Know:

- how to manage my periods or I understand how girls manage their periods and I am respectful of this
- to recognise, as I approach puberty, how people's emotions change at that time and how to deal with my feelings towards myself, my family and others in a positive way

END GOALS:

Mental Fitness:

Know that the power of now helps us to show up as our best selves. Building this power helps us to be alert and fully present in everything we do. This helps us to respond well when being challenged.

Know that by taking time to build this power with gratitude work and breathe work can really help us with our long-term mental fitness.

Social Fitness:

Know how to do what is good and right in friendships and relationships.

Know the consequences of breaking the law and know what child on child pressure is.

Physical Fitness:

Know what to do if someone is choking and the basic principles of first aid.



FLEXIBILITY OF BALANCING DOING AND BEING

Session 1 MENTAL FITNESS

(Flexibility of doing and being)

Know: I know what I am good at doing

- preferred ways of doing
- I am ok with my strengths and weaknesses on this level

Session 2 MENTAL FITNESS

(Flexibility of doing and being)

Know: I know that I must feed by being and why.

- simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.
- human level won't satisfy you in the absence of conscious being.
- disillusionment will come if you think things/doing will make you happy
- that we must make time to just be

Session 3 MENTAL FITNESS

(Flexibility of doing and being).

Know: I know how and why I should balance doing and being.

- you are so much more than your human form (thoughts and feelings)
- you are a bright light and sometimes you need to charge the light in order to live a happy life! (being and not always doing!)
- how excessive time online can affect your mental and physical fitness

Session 4 PHYSICAL FITNESS

(Health and Prevention)

Know: I know how to stay safe in the sun and why it is important

- about being safe in the sun and how to reduce skin damage, including skin cancer



FLEXIBILITY OF BALANCING DOING AND BEING

Session 5 PHYSICAL FITNESS	Session 6 PHYSICAL FITNESS	SESSION 7: CONNECTION LESSON AND REVIEW	END GOALS:
<p>(Physical health and fitness)</p> <p>Know: I know the risks of an inactive lifestyle</p> <ul style="list-style-type: none"> the risks associated with an inactive lifestyle (obesity) 	<p>(Physical health and fitness)</p> <p>Know: I know why exercise is important for my overall well-being and happiness</p> <ul style="list-style-type: none"> the importance of building regular exercise into daily and weekly routines know about endorphins and how they help us to feel good in our minds and bodies (benefits of exercise) 		<p>Mental Fitness:</p> <p>Know that we must balance the doing and the being if we want to live our One Life in a safe, happy and healthy way.</p> <p>Know that we can't be good at doing everything. Know that we are not born to just DO things but also we need to just BE.</p> <p>Know how to build their own being so that they feel balanced and calm in their heart and minds.</p> <p>Physical Fitness:</p> <p>Know know about sun safety and the associated risk of skin cancer. Know the importance of exercise and the risks of being inactive. Know that exercise helps release feel good hormones and this is important for overall wellbeing.</p>