



RSHE – Year 6

At Abbey Lane, we follow the Sheffield Schools Relationships and Health Education scheme, which is based on the National Curriculum for RSHE.

Autumn	Spring	Summer 1 and 2
Relationships- Friends; healthy friendships	Health and wellbeing Mental wellbeing	Community – our community and online safety Growing Up (Optional SRE)
Pupils will discuss: What makes a close friend? Should I try and fit in with my friends? Should friends tell us what to do? Why are some people unkind? What are stereotypes?	Pupils will discuss: Is there such a thing as the perfect body? How can I stay fit and healthy? Can I avoid getting ill? Why do some people take drugs Where should I get me health information? How do I save a life?	Pupils will discuss: The conventions of courtesy and manners. What is prejudice? How can I be a good citizen? (Optional SRE) The internal organs and how they are used to make a baby. The basic facts about what happens during sex The law that states that people should not have sex until they are 16 and consent is given