

# Year 6



## Personal Safety

- I can describe issues online that might make me or others feel sad, worried, uncomfortable or frightened. I know and can give examples of how I might get help, both on and offline.
- I can explain how I am developing a reputation (online and offline) which will allow other people to form an opinion of me.
- I can assess and action different strategies to limit the impact of technology on my health (e.g. nightshift mode, regular breaks, correct posture, sleep, diet and exercise).
- I recognise there is always risk and how to manage it.

## Social and Emotional Skills

- I notice when I am feeling anxious or stressed and know how to deal with these feelings.
- I know how to 'read the room' and act appropriately in different environments.
- I can identify when someone else needs space or time to reflect and I allow this person the time.
- I understand the concepts of justice and injustice and the need for rules and laws.

## Personal Care

- I can self-direct my time independently (knowing when to complete homework/go to bed).
- I can ensure my uniform is presented well. (Tie a tie in preparation for secondary school and polish shoes)
- I am aware of my own mental health and can self-direct time for relaxation if needed.
- I am aware that hormones might play a part in my mood and I try to regulate it.

## Understanding the World

- I understand the importance of looking after your own money and the concept of a bank account.
- I know that in order to live in a house you must pay rent/ a mortgage
- I understand the concept of debt.
- I understand different types of careers. I have ideas as to what I would like to become and how to do that.
- I have an understanding of the dangers of drugs/alcohol.

*Please ask your child's class teacher if you have any questions regarding this document and its use. A separate document will be re-released regarding our Relationships and Sex Education guidance before term 6.*