

St Mary's Horsforth – Personal Development Knowledge Organiser – Year 6 – Autumn 1



| PSHE and Relationship Education | Mindmate | Character Education |
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| Mental health and emotional wellbeing: Healthy Minds | Feeling good and being me – Self Integrity | Respect, courtesy and thankfulness |
| What should I already know? | What should I already know? | What should I already know? |
| <ul style="list-style-type: none"> About a wide range of emotions and feelings and how these are experienced in the body. About times of change and how this can make people feel. About the feelings associated with loss and grief. | <ul style="list-style-type: none"> Developing self-awareness and doing the right thing. Understanding that their actions affect themselves & others. | <ul style="list-style-type: none"> The importance of rules in school and the wider community. People's need for fairness, respect and order. I understand that we are all made in God's Image and likeness and deserve to be treated with dignity. I understand how I would like to be treated and will try to treat others in the same way. |
| What will I know at the end of the unit? | What will I know at the end of the unit? | What will I know at the end of the unit? |
| <ul style="list-style-type: none"> What mental health is. About what can affect mental health and some ways of dealing with this. About some everyday ways to look after mental health. About the stigma and discrimination that can surround mental health. | <ul style="list-style-type: none"> Know what positively & negatively affects their physical, mental & emotional health, including the media. | <ul style="list-style-type: none"> Relate school and classroom rules to rules and laws that are designed to protect society. People's need for fairness, respect and order in school and the wider community and how I can contribute positively to this. Christians believe that we are all made in God's Image and likeness and all deserve respect and courtesy. |
| Key Vocabulary | Key Vocabulary | Key Vocabulary |
| Mental health, stigma, discrimination, strategies | Positive, negative, emotional health, physical health, mental health | Respect, courtesy, Christians, deserve, likeness, society |
| Recommended books | Recommended books | Recommended books |
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St Mary's Horsforth – Personal Development Knowledge Organiser – Year 6 – Autumn 2



| PSHE and Relationship Education Identify, society and equality: Human rights | Mindmate Friends and family – Celebrating friendships | Character Education Hope & Patience |
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| What should I already know? | What should I already know? | What should I already know? |
| <ul style="list-style-type: none"> About Britain as a democratic society. About how laws are made. Learn about the local council. | <ul style="list-style-type: none"> Recognise what is fair & unfair, kind & unkind, what is right & wrong. Recognise when people are being unkind either to them or others. Learn what to do when someone is unfair or unkind. | <ul style="list-style-type: none"> I keep trying and do not give up and have hope in God. I appreciate new experiences even if they are difficult. I know my positive personal strengths. I appreciate that I have a responsibility to show patience with others, at home, in school and in the wider community. I can wait patiently. I can show self-control. I can treat other with gentleness even during disagreements in lots of different situations. |
| What will I know at the end of the unit? | What will I know at the end of the unit? | What will I know at the end of the unit? |
| <ul style="list-style-type: none"> About people who have moved to Leeds from other places, (including the experience of refugees). About human rights and the UN Convention on the Rights of the Child. About homelessness. | <ul style="list-style-type: none"> Recognise what constitutes a positive, healthy relationship. Develop the skills to form & maintain positive & healthy relationships. | <ul style="list-style-type: none"> I appreciate new experiences, even if they are difficult and use my strengths to keep me going. I can set personal goals and not give up hope I can use my personal strengths can help in a group. I can use my patience to help support others in a group. I show gentleness even during disagreements at home and school even when I feel strongly. I can practice patience by not complaining. |
| Key Vocabulary | Key Vocabulary | Key Vocabulary |
| Refugees, human rights, United Nations, homelessness. | Positive, healthy, relationships, recognise. | Hope, patience, goals, complaining |
| Recommended books | Recommended books | Recommended books |
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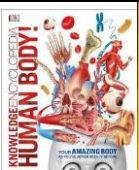


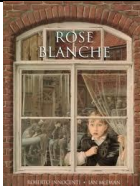
St Mary's Horsforth – Personal Development Knowledge Organiser – Year 6 – Spring 1



| PSHE and Relationship Education Created and loved by God | Mindmate Life changes – Moving on | Character Education Faith & Simplicity |
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| What should I already know? | What should I already know? | What should I already know? |
| <ul style="list-style-type: none"> • Self-confidence arises from being loved by God. • To look after their bodies as a gift from God. • What is puberty? • What to expect when puberty takes place? • Learn correct naming of genitalia. • Learn what changes will happen to boys during puberty. • Learn what changes will happen to girls during puberty. | <ul style="list-style-type: none"> • Learn that different people respond differently to different changes. • Learn that some people find change easier than others. • Find out that there are things they can do that help them cope with or accept change. | <ul style="list-style-type: none"> • The importance of spending time with God in moments of quiet and prayer and ask for guidance on how to live my life. • developing different ways to pray and spend time with God. • I can give examples of others showing their faith. • I know that God will meet all my essential need. • I know that I must lead by example and develop an effective, caring relationship. |
| What will I know at the end of the unit? | What will I know at the end of the unit? | What will I know at the end of the unit? |
| <ul style="list-style-type: none"> • Similarities and differences between people arise as they grow and mature, and that by living and working together ('teamwork') we create community. • About the unique growth and development of humans, and the changes that girls will experience during puberty • The need for modesty and appropriate boundaries. • How to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene, avoiding the overuse of electronic entertainment. | <ul style="list-style-type: none"> • Learn that major life changes can be fun & exciting, at the same time as being daunting for some. • Talk about moving on to secondary school recognise & respond appropriately to a wider range of feelings in others. | <ul style="list-style-type: none"> • I know having faith means being open to new things, because if you have faith you are a trusting people. • I know God loves me and I trust God to take care of me • I ask God to guide in my life I spend time with God in moments of quiet and prayer • I share my belief in God with others • I know that my own words and actions show my faith in God's love. • I know that I must develop an effective, caring relationship with the planet and be a role model to others in school and the wider community (Live Simply). • I can see things from different points of view in difficult situations. |
| Key Vocabulary | Key Vocabulary | Key Vocabulary |
| Unique, changes, modesty, boundaries, puberty, growth | Life changes, daunting, fun, exciting, emotions | Faith, Simplicity, Live Simply, belief |
| Recommended books | Recommended books | Recommended books |
| | | |




St Mary's Horsforth – Personal Development Knowledge Organiser – Year 6 – Spring 2



| PSHE and Relationship Education Created and Loved by God | Mindmate | Character Education |
|--|---|---|
| What should I already know? | Strong emotions – Happiness What should I already know? | Charity & Forgiveness What should I already know? |
| <ul style="list-style-type: none"> To judge well what kind of physical contact is acceptable or unacceptable and how to respond. The principles of Catholic Social Teaching. About the unique growth and development of humans, and the changes that girls will experience during puberty. The need for modesty and appropriate boundaries. About the unique growth and development of humans, and the changes that girls will experience during puberty. The need for modesty and appropriate boundaries. | <ul style="list-style-type: none"> Define what is meant by 'mental health' & can identify what mental health looks like. Recognise the link between strong emotions & poor mental health & develop protective strategies. Recognise that anyone can be affected by poor mental health identify the appropriate language to use to describe mental health. Know what people can do to support their mental health & wellbeing. | <ul style="list-style-type: none"> I can express beliefs about the importance of Jesus teachings, the concept of neighbour and loving others. I know that mistakes are part of learning. |
| What will I know at the end of the unit? | What will I know at the end of the unit? | What will I know at the end of the unit? |
| <ul style="list-style-type: none"> That thankfulness builds resilience against feelings of envy, inadequacy, etc. and against pressure from peers or media. To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action. That some behaviour is wrong, unacceptable, unhealthy or risky. The difference between harmful and harmless videos and images. How a baby grows and develops in the womb. About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life How to manage the onset of menstruation. To know that God the Father, God the Son and God the Holy Spirit make up the three persons of the Trinity. To know that the Holy Spirit works through us to bring God's love and goodness to others. Learn to apply the principles of Catholic Social Teaching to current issues. I can find ways in which they can spread God's love in their community. | <ul style="list-style-type: none"> Deepen their understanding of comfortable feelings & extend their vocabulary to enable them to explain both the range & intensity of their feelings to others. Recognise & respond appropriately to a wider range of feelings in others. Know when they might need to listen to their emotions in order to move on. | <ul style="list-style-type: none"> I understand the importance of learning from other people's beliefs about Jesus and his teaching on Loving God and your neighbour. I know the positive impact of Jesus teaching and that he is an inspiration for Christian people today. I know the importance of making amends when I realise that I have made a mistake. |
| Key Vocabulary | Key Vocabulary | Key Vocabulary |
| Thankfulness, fertility cycle, menstruation, Catholic Social Teaching, principles, action, harmful | Feelings, explain, intensity, recognise, respond | Charity, Forgiveness, Neighbour, inspiration |
| Recommended books | Recommended books | Recommended books |
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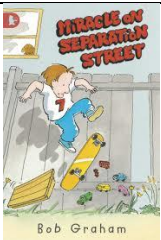

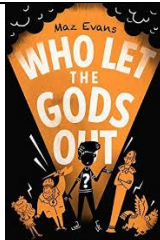
St Mary's Horsforth – Personal Development Knowledge Organiser – Year 6 – Summer 1



| PSHE and Relationship Education | Mindmate | Character Education |
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| Drug, alcohol and tobacco education: Weighing up risk | Being the same and being different: Body Image/Social Media | Resilience/Perseverance and Kindness |
| What should I already know? | What should I already know? | What should I already know? |
| <ul style="list-style-type: none"> About the risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis. About different influences on drug use – alcohol, tobacco and nicotine products. Strategies to resist pressure from others about whether to use drugs – smoking drugs and alcohol. | <ul style="list-style-type: none"> Learn about stereotyping, including gender stereotyping. Know that stereotypes exist for different groups & can explain what is meant by the word 'stereotype'. | <ul style="list-style-type: none"> I know how to ask for help. I know I have a range of skills for different tasks. I look for ways to care for God's creation I look for ways to help others by following the example of Jesus I show kindness to any person or animal I see. |
| What will I know at the end of the unit? | What will I know at the end of the unit? | What will I know at the end of the unit? |
| <ul style="list-style-type: none"> About the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs. About assessing the level of risk in different situations involving drug use. About ways to manage risk in situations involving drug use. | <ul style="list-style-type: none"> Recognise how images & campaigns in the media & social media do not always reflect reality & can affect how people feel about themselves e.g. body image, eating issues . Share their opinions on things that matter to them & explain their views through discussions with one other person & the whole class. | <ul style="list-style-type: none"> I can persevere at a task and set realistic targets and support others to reach theirs. I share what I have with other people. I am kind to myself. |
| Key Vocabulary | Key Vocabulary | Key Vocabulary |
| Risks, drugs, tobacco, nicotine, alcohol, solvents, medicine, legal, illegal | Images, media, social media, opinions, explain, views | Resilience, perseverance, kindness |
| Recommended books | Recommended books | Recommended books |
|  |  |  |

St Mary's Horsforth – Personal Development Knowledge Organiser – Year 6 – Summer 2



| PSHE and Relationship Education | Mindmate | Character Education |
|--|---|---|
| Keeping safe and managing risk – Keeping safe out and about. | Solving problems/making it better –Winning what does it take? | Honesty and Service |
| What should I already know? | What should I already know? | What should I already know? |
| <ul style="list-style-type: none"> About keeping safe online. That violence within relationships is not acceptable. About problems that can occur when someone goes missing from home. | <ul style="list-style-type: none"> Develop an awareness & understanding of the role peers can play in supporting one another including restorative approaches. | <ul style="list-style-type: none"> I should think before I speak. |
| What will I know at the end of the unit? | What will I know at the end of the unit? | What will I know at the end of the unit? |
| <ul style="list-style-type: none"> About feelings of being out and about in the local area with increasing independence. About recognising and responding to peer pressure. About the consequences of anti-social behaviour (including gangs and gang related behaviour). About feelings of being out and about in the local area with increasing independence. About recognising and responding to peer pressure. About the consequences of anti-social behaviour (including gangs and gang related behaviour). | <ul style="list-style-type: none"> Identify ways that people can look after their mental health. Understand the importance of being healthy physically, emotionally & mentally. | <ul style="list-style-type: none"> I know honesty means doing the right thing even if no one is around. I understand the importance of serving with enthusiasm. |
| Key Vocabulary | Key Vocabulary | Key Vocabulary |
| Independent, peer pressure, consequences, anti-social behaviour | Healthy, physically, emotionally, mentally | Honesty, service, enthusiasm |
| Recommended books | Recommended books | Recommended books |
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