

What I need to know: Y6 PSHE – Being my best self

We nurture the curiosity to learn, the courage to lead and the compassion to care.

Name:

Class:

For this term we are looking at being my best self.

What I will know...	✓	Start	End
Identify aspirational goals and describe actions needed to set and achieve these		<input type="radio"/>	<input type="radio"/>
Identify risk factors in a given situation		<input type="radio"/>	<input type="radio"/>
Understand and explain the outcomes of risk-taking in a given situation, including emotional risks.		<input type="radio"/>	<input type="radio"/>
Recognise what a risk is		<input type="radio"/>	<input type="radio"/>
Explain how risks can be reduced		<input type="radio"/>	<input type="radio"/>
Understand risks related to growing up and explain the need to be aware of these		<input type="radio"/>	<input type="radio"/>
Assess a risk to help keep themselves safe		<input type="radio"/>	<input type="radio"/>
Describe how the five ways to wellbeing contribute to a healthy lifestyle, giving examples of how they can be implemented in people's lives.		<input type="radio"/>	<input type="radio"/>

Skills I may use...	
Remember: name, identify, describe	Analyse: investigate, infer, select, clarify
Understand: predict, recall, interpret	Create: plan, design, construct
Apply: use, show, relate, demonstrate	Evaluate: compare, assess, judge

Vocabulary I need to know...		
1. I have heard the word, but I don't know what it means	2. I understand what the word means	3. I can explain what the word means and give other examples
Risk		
Wellbeing		

Opportunities to support English and maths
<ul style="list-style-type: none"> Skim and scan texts to retrieve information or quotes quickly and accurately Summarise main ideas from more than one paragraph Make and justify inferences with appropriate evidence from the text Provide reasoned justifications for their views, quoting evidence from across a text

Curriculum Links and Enrichment Activities
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Respect

Responsibility

Reflection

Resilience