

What I Need to Know: Y6 RSHE – Being my best self

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

Brief summary of topic: Developing an understanding of 'Being my best self.' Build an understanding of risks they may face as they grow. Think deeply about their own aspirations and how these could be achieved.



Create, Communicate & Evaluate

- Create a 'Risks in Life' board game



Question, Reason, Discuss & Explain

- Understand and discuss risk and rank risk factors in a given situation
- Explain how risks can be reduced
- Understand and explain the outcomes of risk-taking in a given situation, including emotional risks
- Assess and question risk in their own lives to help keep themselves safe
- Identify and discuss aspirational goals and describe actions needed to set and achieve these
- Explain how the five ways to wellbeing contribute to a healthy lifestyle, giving examples of how they can be implemented in people's lives.



Know & Do

- Know some of the risks related to growing up and explain the need to be aware of these

Vocabulary I need to know...

risk, rank, risk factors, reduce, risk-taking, situation, emotional risks, safe, aspiration, goals, well-being, health, healthy, lifestyle.

Opportunities to support English and maths

- 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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