South Farnham School The Continual Pursuit of Excellence Part of the South Farnham Educational Trust	PSHE Subject Knowledge Organiser		
	Summer	**Year 6**	**Strands covered: RSHE Relationships/Health and Wellbeing**

What prior knowledge should students have?

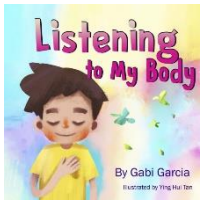
- Decision making
- Puberty
- Sex education
- Fake news
- Rules
- Consumers

Key Vocabulary	Definition
Well-being	The state of being comfortable, healthy, or happy
Health	A person's mental or physical condition
Stereotype	A widely held but fixed and oversimplified image or idea of a particular type of person or thing.
Tax	A compulsory contribution to state revenue.
Drug	A medicine or other substance which has a physiological effect when ingested or otherwise introduced into the body
Trusted adult	Someone that you have a good relationship with and has your best interest in mind

What skills will students learn? (Disciplinary Knowledge)

- Understand the factors that contribute to a healthy lifestyle
- Recognise that diversity is a valuable entity in society
- Understand the negative impact of stereotypes
- Know the value of their individuality
- Recognise the dangers of illegal drugs
- Know how to use strategies to calm their anxiety

What key knowledge will be taught? (Substantive Knowledge)

This unit will teach students how healthy living choices, such as food, exercise and lifestyle decisions, support long-term wellbeing, while also helping them appreciate diversity and inclusion by understanding and respecting different backgrounds, beliefs and identities. They will learn what stereotypes are and how they can lead to unfair treatment, alongside gaining an understanding of democracy and why having a voice matters. The unit also explores why tax is collected to support communities, how confidence can be developed in different situations, and the effects of both legal and illegal drugs on the body. Finally, students will prepare for the change and transition to secondary school, learning about new routines, expectations and the emotions involved in moving to Year 7.

Useful books