

## National Statutory Requirements

(DFE Statutory Guidance on Health Education and Relationship Education)

- how important friendships are in making us feel happy and secure, and how people choose and make friends
- that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right
- how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed
- where to get advice, for example family, school or other sources

PSHE



Managing Change – Year 6

## Series of Lessons

- Manage the changes that can arise in the transition from primary to secondary school.
- Make a successful start to secondary school and the about the opportunities available.
- Manage our changing and developing friendships.

## Unit Outcome

In this unit of work, pupils learn:

- how positive friendships can support wellbeing
- how friendships change (including context such as moving home or schools)
- how to manage change in different contexts (including loss and bereavement)
- accessing appropriate support during times of change
- about empathy and how people can help to support each other in times of difficulty

## Progression of Skills (PSHE ASSOCIATION PROGRAMME OF STUDY 2020)

H16. about strategies and behaviours that support mental health — including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing

H23. about change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement

H24. problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools

H36. strategies to manage transitions between classes and key stages

R30. that personal behaviour can affect other people; to recognise and model respectful behaviour online

L4. the importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others

## R&R and Herne Harmony Values

Article 15, Article 28, Article 29, Article 31

Collaboration, Independence,

## Vocabulary

Change, new, relationships, transition, routine, unknown, difference, support and guidance, friendships, loss, bereavement, empathy, wellbeing

## Resources

Flipcharts  
Worksheets on system, Baseline Assessments, Resources on system.