

Year 6 – What does ‘expected’ look like?

My Healthy Self	Connecting with Others
- Describe how brushing, flossing and limiting sugar over time can protect teeth. - Interpret traffic light food labels and select healthier swaps for a balanced diet - Explain how past experiences can influence strong and complex feelings. - Choose helpful ways to regulate strong feelings. - Explain the difference between a growth mindset and a fixed mindset. - Suggest positive ways to respond to challenges and setbacks. - Explain how unkind behaviour, including bullying, can affect self-esteem and how to support others.	- Explain how values guide behaviour choices. - Set a personal growth goal and list at least two clear first steps. - Identify behaviours that should change in disrespectful situations and name a specific respectful alternative for each. - Apply respectful behaviours in school, in public places, and online during activities. - Describe what a personal boundary is and how it can change. - Explain how crossing someone’s boundary, even as a joke, can harm trust. - Apply consent language to model an appropriate response when a boundary is crossed. - Identify stereotypes or discrimination accurately within the given scenarios. - Choose and justify a safe response to bullying in person and online, including what they would say or do. - Name trusted adults in and out of school and describe what they would tell them when asking for help.
The Online World	Citizenship
- Understand how online platforms keep users engaged. - Recognise why online gaming can be risky. - Analyse how online content can influence how people think and feel. - Recognise and respond to harmful online behaviour. - Recognise that what we post online can affect ourselves and others. - Explain ways to positively respond to online experiences.	Coming soon
Staying Safe	Further First Aid
- Identify hazards and explain the risks they may create in a range of situations at home and outside. - Explain how factors such as being alone, distracted or without supervision can increase risk. - Describe appropriate actions to take in response to accidents, emergencies and unsafe situations, including when and how to seek help. - Explain how to make safe choices when travelling independently, including near railways. - Apply the water safety code to identify safer choices in different water environments. - Explain how changing circumstances or new information can affect risk and influence decision-making. - Identify when peer pressure is happening and suggest safe and appropriate ways to respond. - Explain the risks and consequences of drug misuse and suggest strategies to respond to pressure involving drugs.	Coming soon