Year 6

Autumn 1

Mental health and wellbeing

This unit revisits and builds on prior learning about mental health, helping pupils to explore strategies that support wellbeing – including in the context of the transition to secondary school.

Suggested lessons:

Foundations for Wellbeing – Y6

L1: Regulating emotions

L2: Managing distraction

L3: Developing positive thinking habits

L4: Managing rumination and worry

L5: Managing stress

Change, loss and grief – Y5–6

L3: How do people manage loss and support each other?

Autumn 2

Managing money and online spending

This unit explores economic wellbeing and online financial harms (incorporating elements of statutory RSHE) – including targeted advertising and other influences on online spending.

Suggested lessons:

Money and wellbeing – Y6

L1: Money and emotional wellbeing

L2: Being a critical consumer

Exploring risk in relation to gambling – KS2

L2: Chancing it!

Online financial harms – KS2

L1: Spending influences

L2: Wellbeing and support

Spring 1

Changes in puberty (and sex education*)

This unit builds pupils' understanding of how to manage the changes that occur during puberty, including increased independence and new sleep patterns.

Suggested lessons:

Changing and growing up – Y6

L1: Puberty recap

L2: Positive, healthy relationships

L3: Developing romantic feelings

L4: How a baby is made*

*The parental right to withdraw applies to sex education.

The sleep factor – KS2

L1: Getting a good night's sleep

Spring 2

Drug education: assessing risk and managing influences

This unit covers legal and illegal drugs, and the risks and effects of legal and illegal drug use.

Suggested lessons:

Drug education – Y5–6

L1: Medicines

L2: Legal and illegal drugs

L3: Influences and pressure

L4: Tobacco, vaping and alcohol in the media

Summer 1

Developing our understanding of AI

This unit introduces different types of AI, including generative AI, and explores the opportunities, challenges and risks associated with its use.

Suggested lessons:

Understanding AI: Rights, safety and wellbeing – KS2

L1: What is AI?

L2: How does AI affect our rights?

L3: What is an AI chatbot?

L3: Career routes

Home Office: Digital deception – Understanding deepfakes – Y5–6

L1: The impact of generative AI

L2: The ethics of AI images

Pick your pics – Y5–6

L1: Pick your pics

Summer 2

Looking to the future

This unit explores career-related learning (including different career pathways) and supports pupils to prepare for the transition to secondary school.

Suggested lessons:

The Careers and Enterprise Company: Careers explorers – KS2

L1: Job skills

L2: Choosing a career

L3: Career routes

Embracing change and new challenges – Y6

L1: Moving to secondary school

Alternative / additional lessons:

NSPCC: Talk relationships – Transition to secondary school