



Year 6 Lesson Directory

This directory provides an overview of the Year 6 Muse Wellbeing lessons, including lessons that support statutory Relationships Education, statutory Health Education, wider PSHE and pupil wellbeing. Lesson 5 and Lesson 6 are mapped as non-statutory primary sex education.

Year 6 supports pupils as they prepare for the transition to secondary school, helping them develop greater confidence, self-awareness and responsibility. Lessons are designed to be age-appropriate, practical and discussion-based, supporting pupils to understand wellbeing, puberty, personal safety, respectful relationships, digital choices and their role in local, national and global communities.

The lessons are grouped into three areas of learning:

Health and Wellbeing: Pupils explore resilience, reproductive anatomy, hygiene, drugs, vaccines and technology.

Understanding Relationships: Pupils learn about families, consent, body image, social media, assertiveness and law.

The World Around Us: Pupils explore human rights, government, migration, media, trade, conflict and careers.

Teachers can use this directory to quickly understand the sequence of learning across the year, identify lesson themes and support medium-term planning. PSHE leads and senior leaders may also use it as a simple overview of curriculum coverage for Year 6.

Together, these lessons help pupils consolidate their knowledge, vocabulary and confidence as they complete their primary PSHE and wellbeing journey with Muse Wellbeing.

Year 6 Lesson Directory: Health and Wellbeing

		Main Learning Objective	Sub Learning Objective
1	Coping and Self-Care	To display a range of strategies to cope with their emotions, especially regarding personal change and transition	To recognise that their emotions will change in intensity and scale regarding an experience over time
2	We Are Resilient!	To take positive steps in the ongoing maintenance of mental wellbeing (hobbies, healthcare, support)	To know that people will experience a different range of emotions regarding the same experiences
3	Powerful Positive Thinkers	To judge if their own emotions and feelings are appropriate to the environment and situation and adjust if required	To identify when they have concerns regarding their own or others' mental health and speak to a trusted adult
4	Fit as a Fiddle!	To identify and participate in a range of activities as regular healthy exercise	To understand how to plan and prepare for eating a healthy, well balanced diet
5	Our Reproductive Anatomy	To identify the main reproductive organs of males and females	
6	Reproduction and Life Cycles	To understand the reproductive process and its place in the human life cycle	To identify the main reproductive organs of males and females
7	Self-Care and Hygiene	To understand the many self-care routines for personal hygiene and reducing risks of bacteria and viruses (especially around puberty)	To know when and how to seek support when feeling concerned about their physical wellbeing
8	Consent, Respect and FGM	To know that FGM is against the law in the UK and how to keep themselves and others safe	To understand the meaning of consent (touch, contact, respect of others)
9	Be Drug Free	To know how different substances (smoking, alcohol and common drugs) can affect and damage their bodies and mental health and the laws surrounding them	
10	Vaccines and Medicines	To identify the role of medicines and vaccines in the local and global spread of disease and illnesses	
11	Time on Technology	To understand the risks associated with addiction to technology and the internet	To know that they should keep private information away from their online use
12	Addictive Behaviours	To understand forms of addictive behaviours and how to improve our own actions	To use personal choice in selecting activities to minimise risky situations

Year 6 Lesson Directory: Understanding Relationships

		Main Learning Objective	Sub Learning Objective
13	Families	To respect that families of all types and structures can offer love, support and care	To know there are many different types of family units (single parents, foster parents, step parents, blended families, same-sex parents)
14	Commitments	To understand that sometimes adults in a relationship may form part of a family unit whilst living together or living separately	To understand that adults often make lifelong commitments to each other through marriage, civil partnerships or in other ways
15	Ups and Downs	To understand that families have ups and downs and strategies to use to navigate family conflict	To identify the characteristics of positive family life and know when to speak to an adult if they have any concerns
16	Saying 'No' to Friends	To know that sometimes they must say "no" to friends when they feel uncomfortable	To know that friendships can change in strength and intensity as time goes on
17	Transition and Moving Up!	<u>Note:</u> This lesson does not include specific mapped learning outcomes. The session is intended for transition focused preparation, giving pupils structured time to discuss, plan and prepare for their move to secondary school.	
18	My Values	To model positive behaviours for other members of their local communities (including school)	
19	Think Before You Judge	To recognise how stereotypes and prejudices can be unfair and harmful	To know that they should expect to be treated in the same manner that they treat others
20	Marriage, Partnerships and British Law	To explore the meaning of marriage and partnerships and understand how the law protects individuals from forced marriage	
21	Positive Body Image	To recognise how the internet, media and marketing can influence our own body image	
22	Smarter Social Media	To understand the different uses, benefits and risks associated with social media use	To know how to be safe when forming digital friendships
23	What is Consent?	To understand the meaning of consent and when and how to give it	To understand how and where to get support when having any concerns about their own or others' relationships
24	Positive Assertive Behaviour	To learn assertive behaviours and language to use when in challenging situations	To recognise when others around them may be unsafe and how to report this

Year 6 Lesson Directory: The World Around Us

Main Learning Objective			Sub Learning Objective
25	Human Rights and Global Leaders	To understand the main principles of the Universal Declaration of Human Rights and how this affects them and their communities	
26	Politics and Governments	To identify common aspects of governments in the UK and around the world	To understand common, shared rules and why they are important to follow for everyone in their community and the UK
27	Migration, Immigration and Refugees	To understand the meaning of refugees and some reasons for migration	To understand a range of global and local events and the impact they can have
28	Great Pacific Garbage Patch	To consider the problems caused by environmental issues and give possible solutions	To know different environmental crises affecting our global community today
29	Fake News	To recognise that some media providers often report news in different ways with different narratives	
30	Globalisation and Trade	To understand the role of trade between countries and the impacts of globalisation	
31	Global Conflicts and War	To understand some of the causes of global conflicts and varying impacts of war	
32	Anti-Social Behaviours	To recognise the impact of anti-social behaviours and prejudice within their communities	To understand and celebrate the many diverse members of their local community
33	The Route to My Career	To consider the varying routes to different kinds of employment and job types (vocational training, college, university)	
34	Positive Role Models	To find positive role models in their local and wider communities	
35	Community Commitments	To support and care for people in their community who are more vulnerable than themselves	To show empathy when considering a person's needs, feelings or ideas that are different to their own
36	Final Reflections	To consider their strengths, weaknesses and personal growth made during primary school	