



Trinity Primary School – RHE Knowledge Curriculum

Preparing for the demands of society for the future



Term: Spring 1

Year Group: Year 6

Topic: Relationships

Key Vocabulary		Key Questions
Grief	Intense sorrow, especially caused by someone's death.	<ul style="list-style-type: none"> • What is the grief cycle? Do you have any tips for dealing with grief? • What is mindfulness? • What tips can you give me for taking care of my own mental health? • What is the grief cycle? Do you have any tips for dealing with grief? • Who do you talk to online? What would you do if they said something that you didn't like? • How do you know if a website is genuine?
Mental Health	A person's condition with regard to their emotional well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices	
Stigma	A mark of disgrace associated with a particular circumstance, quality, or person.	
Anxiety	A feeling of worry, nervousness, or unease about something with an uncertain outcome.	
Denial	A statement that something is not true.	
Guilt	The fact of having committed a specified or implied offence or crime	
Links to HEART and British Values		
HEART Health Team Trinity Respect	British Values <i>Respect and tolerance</i>	Purple Leaf Education

		<p>Assessment Questions</p> <ol style="list-style-type: none"> 1) What range of emotions might people feel if they experience loss? 2) How do some people try and gain control over others? 3) If you thought someone was controlling you, how could you stand up for yourself?
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Assessment

Working towards	Working at	Working beyond
<p>I can say how people might feel if they lose someone special to them. I can also give some examples of when people might try to control or gain power over others.</p> <p>I can tell you some ways that I can manage my feelings and ways of standing up for myself in real and online situations.</p>	<p>I can identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control.</p> <p>I can explain the feelings I might experience if I lose somebody special and when I need to stand up for myself and my friends in real or online situations. I can offer strategies to help me manage these feelings and situations.</p>	<p>I can explain why people may experience a range of feelings associated with loss. I can also analyse some of the methods people can use to try to gain power and control over others, in both obvious and hidden ways, including online.</p> <p>I can consider ways of standing up for myself and my friends when others are using controlling behaviour, and judge between those likely to be effective and those that may aggravate the problem. I can also appraise the effectiveness of different strategies to help me manage my feelings.</p>