



### ALMOND HILL JUNIOR SCHOOL MEDIUM TERM PLAN

**TOPIC TITLE/SUBJECT:** PSHE Watford FC Positive Minds  
Community Sports and Educations Trust

**YEAR GROUP:** 6

**TERM** Spring term (10 weeks)

#### Vocabulary

**Mental health**, positive relationships,  
**resilience**, **wellbeing**, **lifestyle**, **internet**  
**safety**, **social media**, **body image**,  
**emotional literacy**, **eating disorders**,  
**bereavement**, **trauma**, **stress**, **stigma**,

#### Skills

- To understand what mental health is and know that it includes emotional, psychological and social elements.
- To understand that relationships can be healthy and unhealthy
- To know the importance of having a support network
- To develop coping strategies to deal with emotions
- To understand the effects of gaming
- To consider whether online profiles/followers effect a person's self-worth
- To describe common body images issues in young people.
- To consider and reflect on the different stages of grief
- To understand the term emotional regulation and develop strategies towards this
- To consider transition and next steps

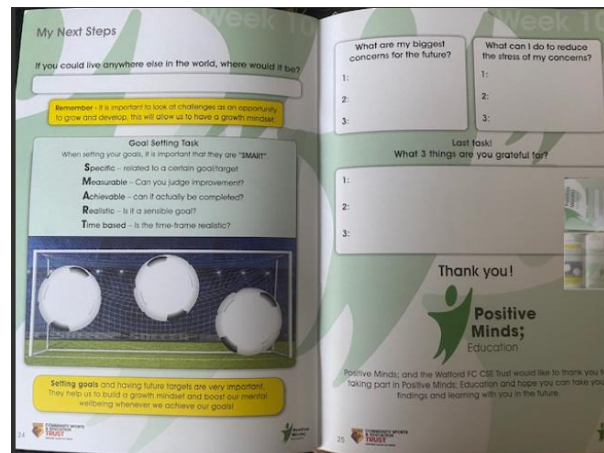
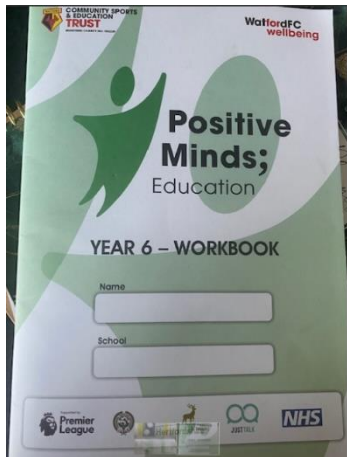
#### What we already know

**Year 3** – Friendships – Skills to make friendships/Good and bad friendships – Know that we all have a mental health.

**Year 4** – Working collaboratively towards shared goals – To listen and respond appropriately to others – To understand appropriate boundaries in relationships and online – How to report concerns or abuse – Where to get help and advice

**Year 5** – Recognising early signs of physical illness such as weight loss or unexplained changes to the body

#### Illustration/Application/Outcomes



#### Concepts

- Healthy minds matter
- Positivity is key
- Keeping informed
- Physical and Mental links

#### Other/Cross- Curricular Links

Science – healthy lifestyles/healthy heart  
Computing – E-safety and gaming  
PSHE – mindfulness and wellbeing