

SMSC Key Skills

Year 6

Personal Skills	To understand my strengths and achievements and utilise these in other areas of my life
	To know that it is natural to be wary of change, and can tell you why
	To draw up plans that will help me to meet my personal goals
	To have some strategies to cope with uncomfortable feelings and to calm myself when necessary
Social Skills	To know that different ways of behaving are appropriate to different types of relationships
	To resolve differences by looking at alternatives, seeing and respecting others' points of view, making decisions and explaining choices
	To understand other people's behaviour by thinking about what they might be feeling or thinking
	To work well in a group, telling you what helps my group to work well together and adapting the role that I play
Becoming a British citizen	To understand the role money plays in their own and others' lives (including how to manage my money and about being a critical consumer)
	To understand there are different types of rules including moral, ethical, religious and legal ones and they serve different purposes
	To know how to constructively try to change something I don't agree with, both within my school and in my community
Health and wellbeing	To know how to maintain physical, mental and emotional health and wellbeing
	To understand why some people might choose to take drugs and how behaviours can make prescription drugs dangerous
	To understand a range of factors that contribute to being healthy, including diet, exercise and sleep
	To explain some of the ways in which one person (or group of people) can have power over another
Multicultural Britain	To understand that both stereotyping and discrimination can have negative effects of on others
	To know that person's identity can be formed through identifying with a variety of different groups
	To recognise and respect diversity within my local community
	To discuss other's and my own preconceptions
	To know that different groups of people can be stereotyped and discriminated against
	To be aware of multicultural / diversity issues that are relevant to my areas of study (e.g. the effect on indigenous people of Tudor exploration, treatment of women in The Middle Ages)
Independent Learning	To know when to keep trying and when to alter my approach in order to achieve my goal
	To actively seek to overcome problems using a range of resources: these could include reference books, online sources or the learning environment
Sex and relationships	To know how their body will change as they approach and move through puberty
	To understand the emotional changes that will happen as they approach and move through puberty
	To understand human reproduction including sexual intercourse, pregnancy and birth
	To understand that sex should take place in healthy, loving relationships
	To understand the importance of contraception for preventing pregnancy and the spread of sexually transmitted diseases