

Personal, Social, Health and Economic Education (PSHE)

PSHE education is a planned programme of learning through which pupils acquire the knowledge, skills and understanding they need to live their life now and in the future.




KS1

Health and Wellbeing	Relationships	Living in the wider world.
<ul style="list-style-type: none"> <li>• Making simple choices to enable them to keep safe.</li> <li>• Road safety</li> <li>• Maintaining personal hygiene</li> <li>• How some diseases spread.</li> <li>• That some household medicines can be harmful</li> <li>• Recognise, name and deal with their feelings in a positive way.</li> <li>• Think about themselves, learn from their experiences, recognise what they are good at.</li> </ul>	<ul style="list-style-type: none"> <li>• Recognise how their behaviour affects others.</li> <li>• Listen to others and play and work co-operatively</li> <li>• Identify and respect differences between people.</li> <li>• That families and friends should care for each-other.</li> <li>• That there are different types of teasing and bullying, that bullying is wrong and how to get help with bullying.</li> </ul>	<ul style="list-style-type: none"> <li>• Agree and follow rules for their group.</li> <li>• Recognise choices they make including the difference between right and wrong.</li> <li>• Take part in simple debate about topical issues.</li> <li>• That they belong to various communities, such as family and school.</li> </ul>

## Lower KS2

Health and Wellbeing	Relationships	Living in the wider world
<ul style="list-style-type: none"> <li>• Recognise their worth as individuals.</li> <li>• Face new challenges positively</li> <li>• Healthy lifestyle including eating, exercise and mental health.</li> <li>• That viruses and bacteria can affect health and that simple routines can reduce spread.</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• How their actions affect themselves and others.</li> <li>• Trying to see things from other people's points of view.</li> <li>• Be aware of different types of relationships.</li> </ul>	<ul style="list-style-type: none"> <li>• Research, discuss and debate topical issues</li> <li>• Why and how rules are enforced.</li> <li>• Consequences of antisocial behaviour.</li> </ul>

## Upper KS2

Health and Wellbeing	Relationships	Living in the wider world
<ul style="list-style-type: none"> <li>• Recognise as they approach puberty how people's emotions change and how to deal with their feelings in a positive way.</li> <li>• How their body will change as they approach puberty.</li> <li>• Recognise different risks including road safety and what kind of physical contact is acceptable/ unacceptable.</li> </ul>	<ul style="list-style-type: none"> <li>• Recognise and challenge stereotypes.</li> <li>• Realise the nature of racism, teasing, bullying, aggressive behaviours and how to respond to them</li> <li>• Resolve differences by looking at alternatives, making decisions and explaining choices.</li> </ul>	<ul style="list-style-type: none"> <li>• Different kinds of rights, responsibilities and duties</li> <li>• What democracy is and how this works.</li> </ul> 

<ul style="list-style-type: none"><li>• School rules about health and safety, basic emergency first aid and where to get help.</li><li>• Know about a range of jobs and how they can develop their skills to make a contribution in the future.</li><li>• Look after their money and understand the importance of saving.</li></ul>		<ul style="list-style-type: none"><li>• Appreciate range of national, religious and ethnic communities in the UK</li></ul>
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