

PSHE Key Skills for across Key Stage 1 and 2

| Core Theme | Children should be taught: |
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| Health and Wellbeing | <ul style="list-style-type: none"> • What is meant by a healthy lifestyle. • How to maintain physical, mental and emotional health and wellbeing. • How to manage risks to physical and emotional health and wellbeing. • Ways to keeping physically and emotionally safe. • About managing change such as puberty, transition and loss. • How to make informed choices about health, wellbeing and to recognise sources of help with this. • How to respond in an emergency. • To identify different influences on health and wellbeing. |
| Relationships | <ul style="list-style-type: none"> • How to develop and maintain variety of healthy relationships within a range of social/cultural contexts. • How to recognise and manage emotions within a range of relationships. • How to recognise risky and negative relationships including all forms of bullying and abuse. • How to respond to risky and negative relationships and ask for help. • How to respect equality and diversity in relationships. |
| Living in the Wider World (citizenship and financial maths) | <ul style="list-style-type: none"> • About respect for the self and others and the importance of responsible behaviours and actions. • About rights and responsibilities as members of families, other groups and ultimately as citizens. • About different groups and communities. • To respect equality and to be a productive member of a diverse community. • About the importance of respecting and protecting the environment. • About where money comes from, keeping it safe and the importance of managing it safely. • A basic understanding of enterprise. |