

Personal, Social, Health and Economic Education (PSHE)

"Personal, Social, Health, Economic education is a planned programme of learning through which children and young people acquire the knowledge, understanding and skills they need to manage their lives. As part of a whole school approach, PSHE develops the qualities and attributes pupils need to thrive as individuals, family members and members of society". (*The PSHE Association*)

In Key Stage 1 and Key Stage 2, we follow the Programme of Study suggested by the PSHE Association. <https://www.pshe-association.org.uk/>

During Key Stage 1 and 2, children build on the skills, attitudes, values, knowledge and understanding that they started to gain in the Early Years Foundation Stage.

There are 3 core themes to the PSHE curriculum:

- Health and Wellbeing
- Relationships
- Living in the Wider World

The programme of study identifies the key concepts and skills that underpin PSHE education and help schools to fulfil their statutory responsibility to support pupils' spiritual, moral, cultural, mental and physical development and prepare them for the opportunities, responsibilities and experiences of life.

Here are the 3 core themes:

Health and Wellbeing	Relationships	Living in the Wider World
<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 emotion health and wellbeing• Ways of keeping physically and emotionally safe• Managing change, such as puberty, transition and loss	<ul style="list-style-type: none">• How to develop and maintain a 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 or negative relationships including all forms of bullying and abuse	<ul style="list-style-type: none">• Respect for the self and others and the importance of responsible behaviours and actions• Rights and responsibilities as members of families, other groups and ultimately as citizens• Different groups and communities• Respecting equality and being a productive member of a diverse community

<ul style="list-style-type: none"> • Making informed choices about health and wellbeing and recognising sources of help with this • How to respond in an emergency • Identifying different influences on health and wellbeing 	<ul style="list-style-type: none"> • How to respond to risky or negative relationships and ask for help • How to respect equality and diversity in relationships 	<ul style="list-style-type: none"> • Where money comes from, keeping it safe and the importance of managing it effectively • How money is an important part of people's lives • A basic understanding of enterprise
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The 3 themes aim to establish the following overarching concepts:

<ul style="list-style-type: none"> • Identity (their personal qualities, attitudes, skills, attributes and achievements and what influences these) • Relationships (including different types and in different settings) • A healthy (including physically, emotionally and socially) balanced lifestyle (including within relationships, work-life, exercise and rest, spending and saving and diet) • Risk (to be managed rather than simply avoided) and safety (including behaviour and strategies in different settings) • Diversity and equality (in all its forms) • Rights, responsibilities (including fairness and justice) and consent (in different contexts) • Change (as something to be managed) and resilience (the skills, strategies and 'inner resources' we can draw on when faced with challenging change or circumstance) • Power (how it is used and encountered in a variety of contexts including persuasion, bullying, negotiation and 'win-win' outcomes) • Career (including enterprise and economic understanding).
