

PSHE LKS2

The aim of our PSHE curriculum is to develop the concepts, skills and attributes set out below. It is vital that pupils have the opportunity to explore their attitudes, values and beliefs about these issues and to develop the skills, language and strategies necessary to *manage* such issues should they encounter them. These concepts, skills and attributes are taught under the themes Health and Well Being, Relationships and Living in the wider community.

- Identity
- Relationships,
- A healthy and balanced lifestyle
- Risk and Safety
- Diversity and Equality
- Rights, responsibilities and consent
- Change and Resilience
- Power
- Career

Autumn 1 and 2

Health and Well being

- To know what makes a 'balanced lifestyle'
- To know about making choices in relation to health
- To know what makes up a balanced diet
- To know about opportunities, they have to make their own choices about food
- To know what influences their choices about food
- To know that images in the media do not necessarily reflect reality
- To recognize their achievements and set personal targets for the future
- To know about a wider range of feelings, both good and not so good
- To know that people can experience conflicting feelings at the same time
- To know about describing their feelings to others
- To know about the kinds of change that happen in life and the feelings associated with this
- To know about managing risk in familiar situations and keeping safe
- To know that simple hygiene routines can prevent the spread of bacteria and viruses
- To know about feeling negative pressure and how to manage this
- To know about the importance of school rules for health and safety
- To know about how to get help in an emergency
- To know what is meant by a habit
- To know how habits can be hard to change
- To know about drugs that are common in everyday life (medicines, caffeine, alcohol and tobacco)
- To know about the changes that happen at puberty

	<ul style="list-style-type: none">• To know about keeping safe online• To know about people who help them stay healthy and safe
Spring 1 and 2 Relationships	<p>Pupils will learn:</p> <ul style="list-style-type: none">• To recognise a wider range of feelings in others• To know about responding to how others are feeling• To know that images in the media do not necessarily reflect reality• To know about what makes a positive, healthy relationship, including friendships• To know how to maintain good friendships• To know how actions can affect ourselves and others• To know about the difference between acceptable and unacceptable physical contact• To know how to respond to unacceptable physical contact• To know about the concept of keeping something confidential or secret• To know about when they should or should not agree to keeping a secret• To know how to listen and respond respectfully to a wide range of people• To know about sharing their points of view• To know about working collaboratively toward shared goals• To know about solving disputes and conflict amongst themselves and their peers• To know about differences and similarities between people, but understand everyone is equal• To recognize bullying• To know how to respond and ask for help• To recognize and manage dares• To know about what is meant by 'stereotypes'• To know about the importance of keeping personal boundaries and the right to privacy

Summer 1 and 2 Living in the wider world	Pupils will learn: <ul style="list-style-type: none">• To discuss and debate issues concerning health and wellbeing• To know about the ways in which rules and laws keep people safe• To take part in making and changing rules• To know that everyone has human rights (and that children have their own set of human rights)• To know about the UN declaration on the Rights of the Child• To know what anti-social behavior is and how it can affect people• To know how to get help or support• To know about their responsibilities, rights and duties (home, school and the environment)• To know about resolving differences – agreeing and disagreeing• To know about being part of a community• To know about who works with the local community• To appreciate difference and diversity (people living in the UK)• To know about the values and customs of people around the world• To know about the role of money• To know ways of managing money (budgeting and saving)• To know about what is meant by ‘interest’ and ‘loan’• To know about the sustainability of the environment across the world• To know what it means to be ‘enterprising’• To know that information presented in the media can be misleading