

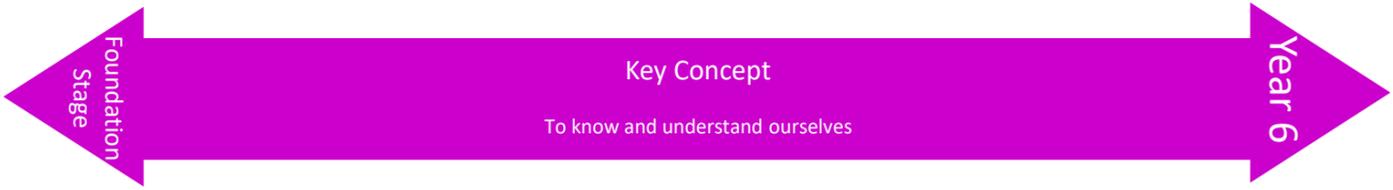
Our PSHE Pathway-Health and Wellbeing



PSHE is the study of skills, knowledge and attributes needed to keep safe and healthy and prepare for life and work.

As emotionally intelligent people we learn to:

Know and understand ourselves – by learning about healthy lifestyles in relation to our physical and mental wellbeing and development, and how to keep safe whilst changing and growing.



Progression: ELG, Milestone 1, Milestone 2, Milestone 3



DREAM BELIEVE ACHIEVE – Together as Emotionally Intelligent People!

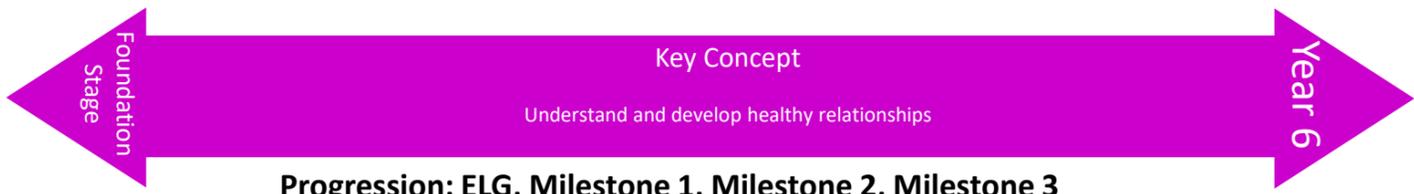
Our PSHE Pathway-Relationships



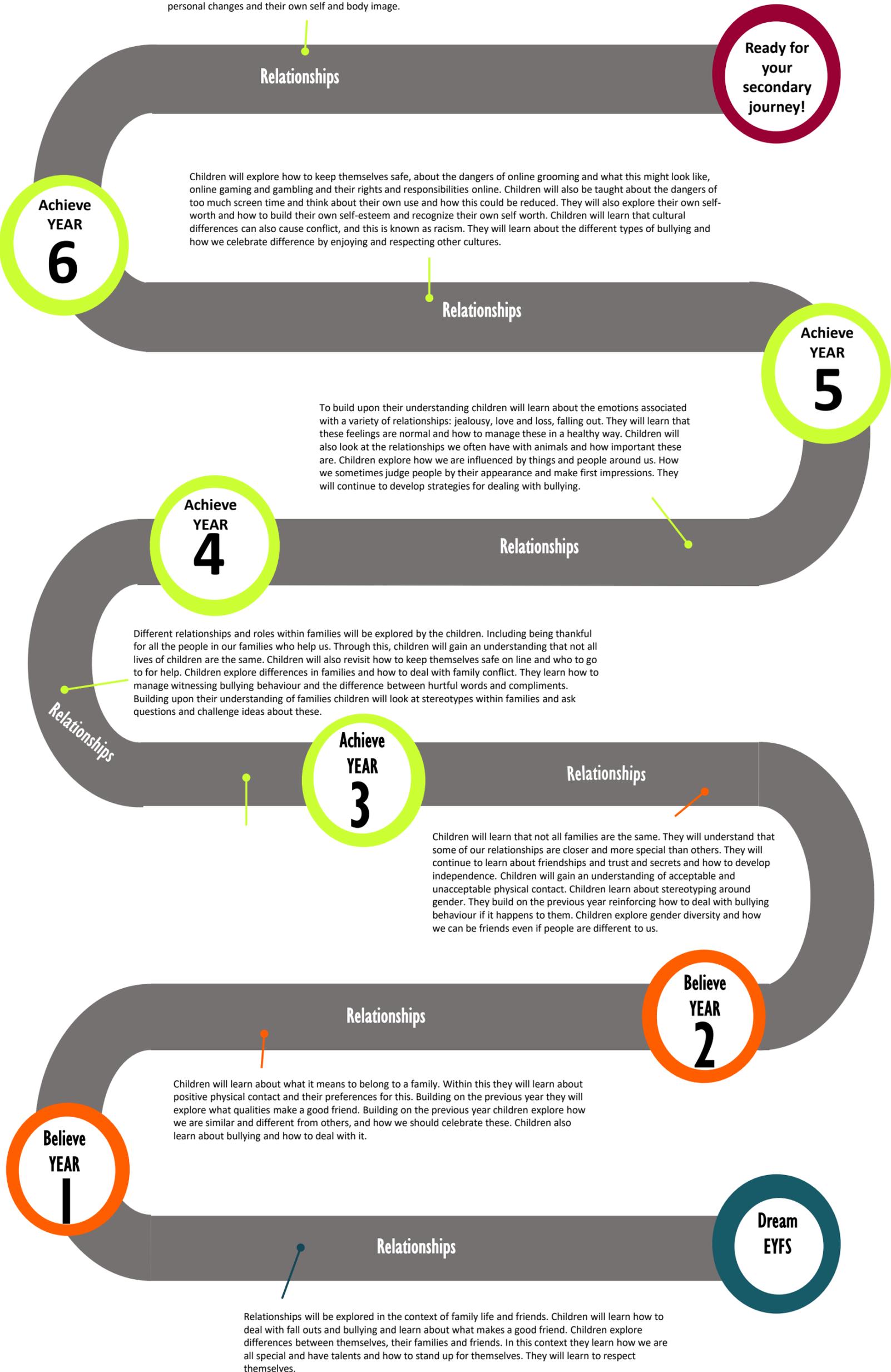
PSHE is the study of skills, knowledge and attributes needed to keep safe and healthy and prepare for life and work.

As emotionally intelligent people we learn to:

Understand and develop healthy relationships – by developing positive relationships with family and friends, knowing how to manage hurtful behaviour and respecting ourselves and others.



Responsibility with technology use will be reinforced with children. The main theme in this unit will build on work in previous years on mental health. Children will learn to identify mental health worries and where to turn to for support. They will learn about managing their feelings and demonstrating assertiveness in different situations. Children will explore perceptions of normal and explore what disability means. They will continue to develop their understanding of using difference as a celebration not as a reason to include or disclude. They will look at physical attraction and the importance of respect and consent in any relationship. Children will be given opportunities for reflection on their personal changes and their own self and body image.



Our PSHE Pathway-Living in the Wider World



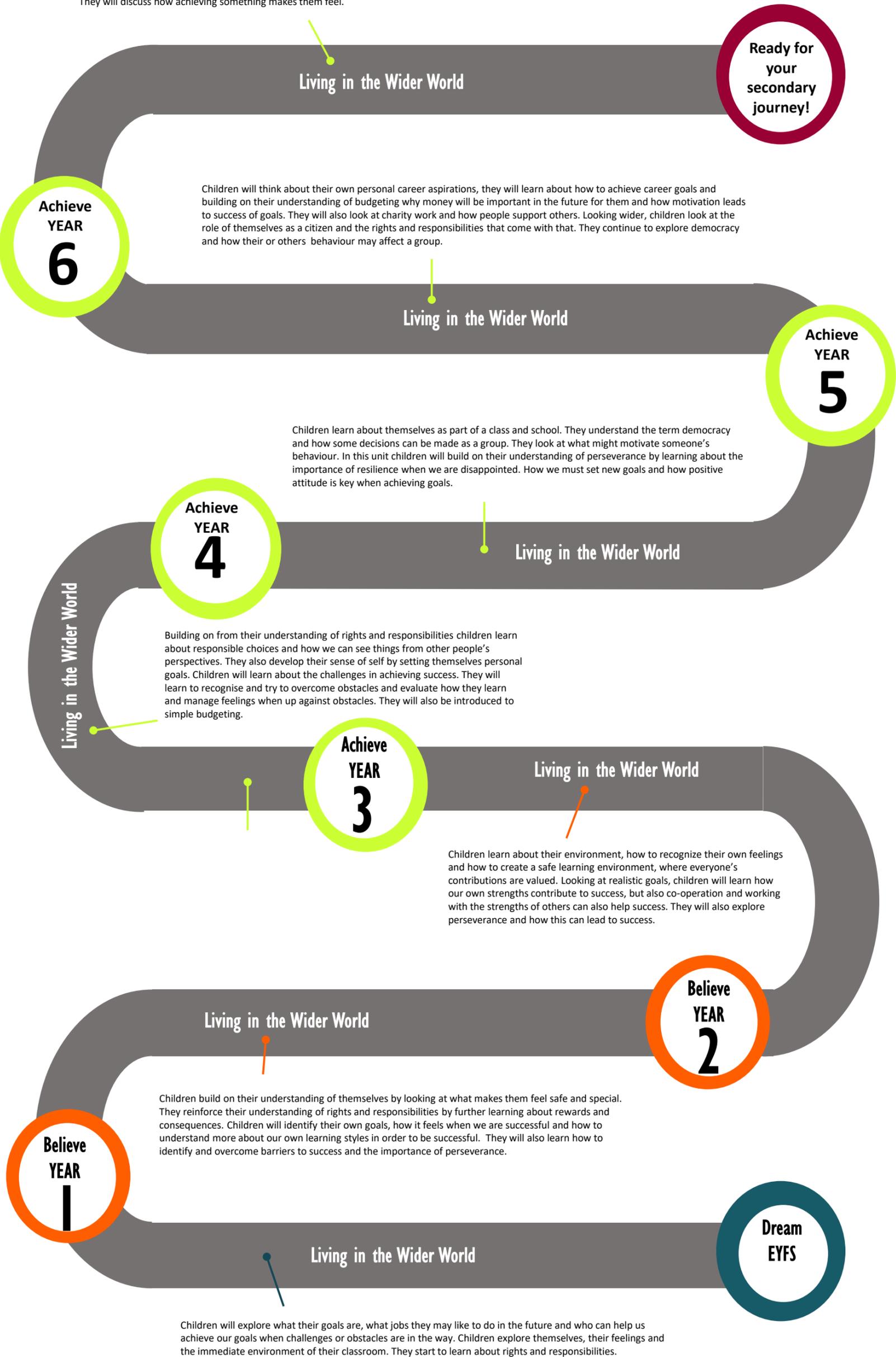
PSHE is the study of skills, knowledge and attributes needed to keep safe and healthy and prepare for life and work.

As emotionally intelligent people we learn to:

Understand responsibilities and develop aspirations – by learning about shared responsibilities and the community around us and the importance of setting goals and having aspirations.



Children explore global citizenship, anti social behaviour and being a role model. They learn about what makes us feel welcomed and valued as an individual and having a voice (democracy). Bringing it back shorter-term children will look at their own personal learning goals, in and out of school. They will consider how they can make a difference in the wider world and how to recognise achievements. They will discuss how achieving something makes them feel.



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