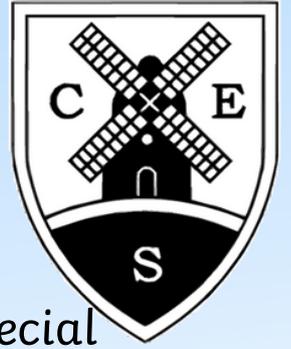


# PSHE

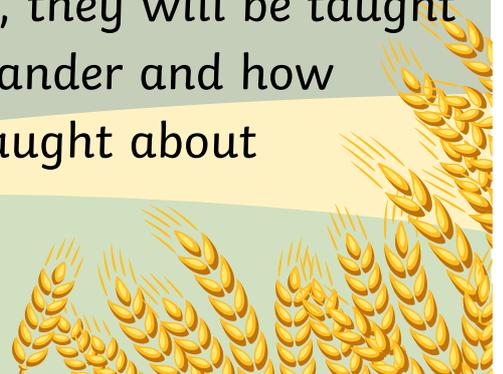
## Family and Relationships



In EYFS, children will explore why families and special people are valuable, be taught why it is important to share and develop strategies, be given the opportunity to see themselves as valuable individual and explore diversity through thinking about similarities and differences.

In KS1, children will explore how families can be different, the characteristics and impact of positive friendships, how other people show their feelings and how to respond to them. They will also look at conventions of manners and developing an understanding of self-respect. In addition, they will be taught that issues can be overcome, people show feelings differently and that stereotyping is unfair.

In KS2, children will be taught that families are varied, and differences must be respected. Children will be taught about marriage and what to do if someone feels unsafe in their family. In addition, they will explore the physical and emotional boundaries in friendships, and how dealing with issues can strengthen a friendship, and the effectiveness of listening skills and about non-verbal communication. Also, they will be taught about the role of a bully, a victim and bystander and how behaviour affects others. Children will be taught about bereavement and grief.



# PSHE

## Health and Wellbeing



In EYFS, children will practice 'grounding' coping strategies, and to explore new skills that will help them show resilience and perseverance in the face of challenge.

In KS1, children will be taught the benefits of exercise and relaxation on physical health and wellbeing; strategies to manage feelings and emotions and how to develop a growth mindset; the importance of hand washing, sun protection and dental hygiene; identifying and dealing with allergic reactions; people in the community who keep us healthy.

In KS2, children will be taught to take greater responsibility for sleep, sun safety, healthy eating, physical activity, and oral hygiene. Children will also be taught the facts around immunisation. In addition, children will explore rest and relaxation and how they affect physical and mental health. Children will also be taught about strategies for being resilient in challenging situations, embracing failure and planning for long-term goals.



# PSHE

## Safety and the Changing Body



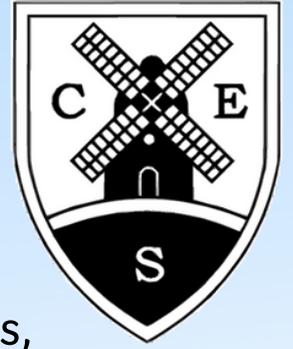
In EYFS, children will explore how to identify their feelings and begin learning how to communicate and cope with their feelings and emotions.

In KS1, children will be given the opportunity to developing their understanding of safety including roads, medicines, identifying hazards in the home, and an introduction to online safety. They will also be taught what to do if lost and how to call the emergency services. Additionally, children will learn about people in the community who keep us safe. Children will also look at naming body parts, distinguishing appropriate and inappropriate physical contact, and the concept of privacy.

In KS2, children are taught about the reliability of online information, online safety, cyberbullying and how to be good digital citizens, and the benefits and risks of sharing information online. Children will also be taught about first aid; including bites and stings, how to help someone with asthma, how to administer first aid to someone who is bleeding and how to administer first aid to someone who is choking or unresponsive. The children will also look at the risks associated with tobacco and alcohol. Children will also be taught about the changes experienced during puberty, and how a baby is conceived and develops.

# PSHE

## Citizenship

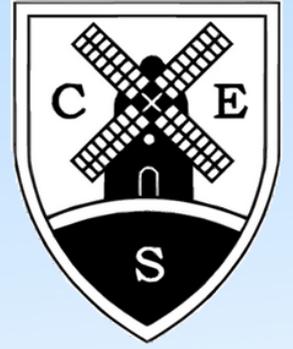


In EYFS, children will be taught why we have rules, the importance of persistence and perseverance in the face of challenges, and how to communicate effectively with others.

In KS1, children are taught the importance of rules and consequences learning about rules outside school; caring for the school and local environment; exploring the roles people have within the local community; learning how school council works; giving an opinion. Children also look at caring for the needs of babies, young children, and animals. They also explore our similarities and differences and look at democracy.

In KS2, children be taught about; human rights, food choices, caring for the environment, caring for others, recognising discrimination, and valuing diversity. Children will also look at the roles of local community groups, the justice system, how parliament works, and the role of the local government. In addition, they will explore local and national democracy.





## Economic Wellbeing



In KS1, children are taught about where money comes from, how to look after money and why we use banks and building societies.

In KS2, children Exploring: attitudes to money, income, and expenditure, borrowing, risks with money. Children will also explore career paths and the variety of different jobs available and stereotypes in the workplace.

