

# Primary PSHE

Risks and Hazards – Safety in the local environment and unfamiliar places

Expressing Feelings, Personal Strengths and Achievements

Health Choices & Habits



UKS2

What makes a family? Features of Family Life

The importance of self-respect; courtesy and being polite

The Value of rules and laws & How the internet is used



Summer Term

Safety in Different Environments

Growing Older and Naming Body Parts

Why is sleep important? Medicines and Keeping Healthy



LKS2

Making Friends, Managing Secrets & Recognising Hurtful Behaviour

Playing and Working Cooperatively & Belonging to a group

The Internet in everyday life & Looking after money



Spring Term

How rules and age restrictions help us

Feelings and managing when things go wrong

Keeping healthy, food and exercise



KS1

Roles of different people & Being polite and respectful

What rules are & looking after the environment

Using the Internet and communicating online



Autumn Term

“Be the change you want to see in the world”  
Mahatma Gandhi

The aim of PSHE is to develop the knowledge and skills required to enable our children to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy in order to embrace the challenges of creating a happy and successful adult life.