

PSHCE

Personal, social, health, citizenship and economic (PSHE) education is an important and necessary part of all pupils' education. It is defined as learning opportunities and experiences that help children and young people grow and develop as individuals and as members of communities.

PSHCE allows teachers the flexibility to deliver high-quality study and can encompass many areas based on the needs of our pupils to equip them with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions.

PSHCE education builds, where appropriate, on the content in the national curriculum, the school curriculum and in guidance on: drug education, financial education, sex and relationship education and the importance of physical activity and diet for a healthy lifestyle.



Our delivery includes, but is not limited to:

Key Stage 1

Pupils are taught:

- Identify and name some feelings and express some of their positive qualities
- Demonstrate that they can manage some feelings in a positive and effective way
- Begin to share their views and opinions
- Set themselves simple goals
- Make simple choices about some aspects of their health and well-being, and know what keeps them healthy
- Explain ways of keeping clean
- Talk about the harmful aspects of some household products
- Describe ways of keeping safe in familiar situations
- Explain that people grow from young to old
- Recognise that bullying is wrong and list some ways to get help in dealing with it
- Recognise the effect of their behaviour on other people, and cooperate with others
- Identify and respect the differences and similarities between people
- Explain different ways that family and friends should care for one another.

