



Personal, Social, Health and Economic (PSHE) helps pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. It helps children to stay healthy and safe, understanding their relationships, academic, personal and social lives in a positive way.

<u>Self and Relationships</u>	<u>Respecting Others</u>	<u>Healthy lifestyles</u>	<u>Keeping Safe</u>	<u>The World Around Us</u>
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P.S.H.E. Is taught both explicitly and discretely across the curriculum. This half term, the following statements from the P.S.H.E Association will be covered:	
H3. About choices that support a healthy lifestyle, and recognise what might influence these.	
H4. How to recognise that habits can have both positive and negative effects on a healthy lifestyle.	
H13. About the benefits of the internet; the importance of balancing time online.	
H29. About how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking.	
L5. Ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices).	
<u>British Value:</u>	
Democracy	

<u>Key Vocabulary</u>		
exercise	responsibility	wellness
habits	choices	heathy diet

Substantive – Subject Knowledge

Bigger Picture – Support words