



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.

Self and Relationships	Respecting Others	Healthy lifestyles	Keeping Safe	The World Around Us
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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:	
H1 How to make informed decisions about health.	
H9. That bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it.	
H10. How medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed.	
H40. About the importance of taking medicines correctly and using household products safely, (e.g. following instructions carefully).	
H43. About what is meant by first aid; basic techniques for dealing with common injuries.	
H44. How to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say.	
British Value:	
Individual Liberty	

Key Vocabulary		
harmful	substances	medicine
safety	emergency	first aid

Substantive – Subject Knowledge

Bigger Picture – Support words