



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:	
H5. about what good physical health means; how to recognise early signs of physical illness	
H7. how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle	
H14. how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health	
H15. that mental health, just like physical health, is part of daily life; the importance of taking care of mental health	
H16. about strategies and behaviours that support mental health – including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing	
British Value:	
Democracy	

Key Vocabulary		
wellbeing	health	benefits
physical	exercise	hobbies

Substantive – Subject Knowledge

Bigger Picture – Support words