



Southwood Infant School

Personal, Social, Health and Economic Education an introduction

Current Government Guidance for PSHE states that - Personal, social, health and economic (PSHE) education is an important and necessary part of all pupils' education. All schools should teach PSHE, drawing on good practice, and this expectation is outlined in the introduction to the new national curriculum.

PSHE is a non-statutory subject which allows us to have flexibility to deliver high-quality PSHE. There is no standardised frameworks or programmes of study. PSHE will be taught weekly to meet the needs of our pupils so they are equipped with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions.

We also, where appropriate, use the statutory content already outlined in the national curriculum, the basic school curriculum and in statutory guidance on: drug education, financial education, sex and relationship education (SRE) and the importance of physical activity and diet for a healthy lifestyle.

In the Early Years -, **personal**, social and emotional **development** includes three aspects of children's **learning** and **development**: making relationships. Managing feelings and behaviour. **Self-confidence** and **self-awareness**.

Excellence - Respect - Enjoyment



Relationships	Year 1	Year 2	Beyond
<p>Pupils will learn to:</p> <ul style="list-style-type: none">- to develop and maintain a variety of relationships, within a range of social/ cultural contexts-to recognise and manage their emotions within a range of relationships-how to recognise negative relationships including all form of bullying and abuse-how to respond to negative relationships ad where and how to ask for help.-how to respect equality and diversity in relationships.	<p>I can identify and name some feelings (For example through interpreting facial expressions/ posture).</p> <p>I can discuss which relationships are important to me.</p>	<p>I can demonstrate that I can manage some feelings in a positive and effective way,</p> <p>I can begin to discuss strategies to help me regulate my feelings, to lesson my own anxiety and stress.</p> <p>I can begin to share my views and opinions.</p>	<p>I can demonstrate that I recognise my own worth and the worth of others.</p> <p>I can express my views confidently and can listen to and show respect to the views of others.</p>



Health and Well being	Year 1	Year 2	Beyond
<p>Pupils will learn to:</p> <ul style="list-style-type: none">-know what is meant by a healthy lifestyle-maintain their own physical, mental and emotional health and well being-manage risks to their own physical and emotional health and well-being. <p>To know ways of keeping physically and emotionally safe</p> <ul style="list-style-type: none">-find ways to manage change, including changes in themselves, loss and transition-make informed choices about health and wellbeing and recognise sources of help with this- know how to respond in an emergency-identify different influences on health and well being	<p>I can explain ways of keeping clean and I can name the main parts of the body.</p> <p>I can explain that people grow from young to old.</p>	<p>I can make simple choices about some aspects of my health and well- being and I know what keeps me healthy.</p> <p>I can talk about the harmful aspects of some household products and medicines.</p> <p>I can describe ways of keeping safe in familiar situations.</p>	<p>I can begin to make choices about how to develop a healthy lifestyle.</p>



Living in the wider world	Year 1	Year 2	Beyond
<p>Pupils will learn to:</p> <ul style="list-style-type: none">-respect themselves and others and the importance of responsible behaviours and actions-about rights and responsibilities as members of families, other groups, communities and as a global citizen- find out about other groups and communities#-respect equality and to be a productive member of a diverse community-know about the importance of respecting and protecting the environment-know where money comes from, keeping it safe and the importance of managing money-how money plays an important part in people's lives	<p>I can explain different ways that family, friends should care for one another.</p> <p>I can explain ways to look after my school environment and the local environment.</p>	<p>I can recognise that bullying is wrong and can list some ways to get help in dealing with it.</p> <p>I can recognise the effect of my behaviour on other people. I can co-operate with others.</p> <p>I can respect and identify differences and similarities between people.</p> <p>I can begin to discuss environmental issues and ways I can change my own behaviour to help e.g. recycling/</p>	<p>I can respond to the challenge of negative behaviours such as stereotyping.</p>