














PSHE concepts

 <p><u>Living in the wider world</u></p> <p>Understanding how to be a global citizen, people's roles and jobs within society, money.</p>	 <p><u>Health and wellbeing</u></p> <p>Looking after ourselves and others, physical and mental health, keeping safe.</p>	 <p><u>Relationships</u></p> <p>People, communities, communication, families.</p>
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PSHE Big Ideas

 <p><u>Self-management</u></p> <p>Requires skills and attitudes that allow for self-regulation.</p>	 <p><u>Self-awareness</u></p> <p>Involves understanding one's own emotions, personal goals and values.</p>	 <p><u>Responsible decision making</u></p> <p>Teaches students how to make constructive decisions across different contexts.</p>
 <p><u>Relationship skills</u></p> <p>Helps students establish and maintain healthy and rewarding relationships.</p>	 <p><u>Social awareness</u></p> <p>Develops empathy, compassion and respect for others' backgrounds, cultures and experiences.</p>	

Progression of big ideas

BIG IDEA	EYFS	KS1	LOWER KS2	UPPER KS2
Self-management 	Who am I and who are you? How am I special? How am I feeling?	What helps us stay healthy? What can help us grow and stay healthy? How do we recognise our feelings?	How can we manage our feelings? How will we grow and change?	What will change as we become more independent?
Self-awareness 	Who is in my community? What keeps me healthy?	What is the same and different about us? What helps us stay healthy? How can we look after each other and our world?	What strengths, skills and interests do we have? Why should we keep active and sleep well?	How can we keep healthy as we grow?
Responsible decision-making 	What if I need help?	What is bullying? What can we do with money? What helps us to stay safe?	What keeps us safe? Why should we eat well and look after our teeth? How can our choices make a difference to the others and the environment? How can we manage risk in different places?	What decisions can people make with money? How can the media influence people? How can we help in an accident or emergency? How can drugs common to everyday life affect health?
Relationship skills 	What if I need help?	What is the same and different about us? What makes a good friend? Who is special to us?	How can we be a good friend? How do we treat each other with respect?	How can friends communicate safely?
Social awareness 	Who is in my community?	What makes a good friend? Who is special to us? What jobs do people do?	What are families like? What makes a community?	What makes up a person's identity? What jobs would we like?

