

Key Concepts – PSHE (Personal, Social, Health and Economic Education)

	Key concepts
KS1	<ul style="list-style-type: none"> • Understand what 'Bullying' is and know to be kind in real life and online situations. • Understand what is safe to share online and in real life. • Know what makes a good friend and recognise a 'healthy friendship'. • Recognise and name feelings of 'jealousy', 'worry' and 'anger' and understand their physical effects. • Understand that washing hands and brushing teeth are an important part of keeping / staying healthy. • Identify top tips for road safety. • Identify potential hazards, which can be found around the home or local environment. • Know how to keep money safe. • Know when and how to ask for help. • Make 'safe' choices about when to help others. • Understand what a 'stranger' is.
Lower KS2	<ul style="list-style-type: none"> • Understand what 'Bullying' is and know to be kind in real life and online situations. • Understand who is safe to talk to online and in real life. • Understand the difference between appropriate and inappropriate touch. • Identify and understand personal boundaries • Recognise and name feelings of 'jealousy' and 'grief' and understand their physical effects. • Know and understand medicine safety rules. • Know how to keep ourselves and others safe at home. • Identify ways to maintain a healthy lifestyle – understand what makes a healthy, balanced meal. • Understand what 'peer pressure' is and know ways to manage it. • Understand what it means to be 'responsible' and how actions can show this. • Identify differences in others and know how to accept these differences. • Understand when a situation feels safe or risky. • Know when and how to ask for help.
Upper KS2	<ul style="list-style-type: none"> • Know rules about image sharing online. • Know that people may not be who they say they are online. • Know how to make and save money. • Know the benefits and risks of spending money online. • To understand the physical and emotional changes that happen during puberty and know ways to cope with these changes. • Understand the terms 'conception' and 'reproduction'. • Describe the function of the male and female reproductive systems. • Know the laws around consent. • Recognise and name feelings of 'anger' and 'worry' and understand their physical effects. • Know strategies for coping with uncomfortable feelings. • Identify risks associated with smoking and alcohol. • Understand what 'peer pressure' is and know ways to manage it. • Identify ways to keep ourselves and others safe when cycling. • Identify ways to keep ourselves and others safe when around water. • Identify and explain each of the British Values.

