

PSHE's Big Ideas (Key Concepts)

There are a number of key concepts which underpin the study of PSHE. Pupils need to understand these concepts in order to deepen and broaden their knowledge and understanding.

PSHE education is a planned, developmental programme of learning through which children and young people acquire the knowledge, understanding and skills they need to manage their lives now and in the future. As part of a whole-school approach, PSHE education develops the qualities and attributes pupils need to thrive as individuals, family members and members of society. PSHE education equips pupils to live healthy, safe, productive, capable, responsible and balanced lives. It encourages them to be enterprising and supports them in making effective transitions, positive learning and career choices and in achieving economic wellbeing. A critical component of PSHE education is providing opportunities for children and young people to reflect on and clarify their own values and attitudes and explore the complex and sometimes conflicting range of values and attitudes they encounter now and in the future. PSHE education contributes to personal development by helping pupils to build their confidence, resilience and self-esteem, and to identify and manage risk, make informed choices and understand what influences their decisions. It enables them to recognise, accept and shape their identities, to understand and accommodate difference and change, to manage emotions and to communicate constructively in a variety of settings. Developing an understanding of themselves, empathy and the ability to work with others will help pupils to form and maintain good relationships, develop the essential skills for future employability and better enjoy and manage their lives.

KC1	Health and Wellbeing	What is meant by a healthy lifestyle How to maintain physical, mental and emotional health and wellbeing How to manage risks to physical and emotional health and wellbeing Ways of keeping physically and emotionally safe, including online Identify different influences on health and wellbeing
KC2	Relationships	How to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts (including online) How to recognise and manage emotions within a range of relationships How to recognise risky or negative relationships including all forms of bullying and abuse How to respond to risky or negative relationships and ask for help How to respect equality and diversity in relationships
KC3	Living in the Wider World	Respect for self and others and the importance of responsible behaviours and actions, including online Rights and responsibilities as members of families, other groups and ultimately as citizens Different groups and communities Respect diversity and equality and how to be a productive member of a diverse community The importance of respecting and protecting the environment