

PSHE & CITIZENSHIP Education POS

Our **KS2 PSHE** programme is based on the following themes:

1. Health and Wellbeing
2. Relationships
3. Living in the wider world

As these themes are taught there will be a broad overlap and flexibility will be required to cover the most important aspects that we want our students to learn about. It is also important to recognise that many decisions about both health and lifestyle are made in a social context or are influenced by the attitudes, values and beliefs of significant others.

The PSHE programme will be taught through a spiral programme, revisiting themes, whilst increasing the challenge, broadening the scope and deepening students' thinking.

Learners need to:

'Know about...'

'Know how to...'

'Be able to...'

Topic will provide a context to progressively expand and enrich overarching concepts and transferrable skills.

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The three themes and broken down into areas of study (Please note: These three themes will overlap and be linked).

<h2 style="text-align: center;">Health and Wellbeing</h2>	<h2 style="text-align: center;">Relationships</h2>	<h2 style="text-align: center;">Living in the Wider World</h2>
<ol style="list-style-type: none"> 1. What is meant by a healthy lifestyle? To identify different influences on health and wellbeing 2. How to maintain physical, mental and emotional health and wellbeing 3. How to manage risks to physical and emotional health and wellbeing 4. Ways of keeping physically and emotionally safe. 5. About managing change, such as puberty, transition and loss 6. How to make informed choices about health and wellbeing and to recognise sources of help with this 7. How to respond in an emergency 8. To identify different influences on health and well being 	<ol style="list-style-type: none"> 1. How to develop and maintain a variety of healthy relationships within a range of social/cultural contexts 2. How to recognise and manage emotions within a range of relationships 3. How to recognise risky or negative relationships including all forms of bullying and abuse 4. How to respond to risky or negative relationships and ask for help 5. How to respect equality and diversity in relationships 	<ol style="list-style-type: none"> 1. About respect for the self and others and the importance of responsible behaviours and actions 2. About rights and responsibilities as members of families, other groups and ultimately as citizens 3. About different groups and communities 4. To respect equality and to be a productive member of a diverse community 5. About the importance of respecting and protecting the environment 6. About where money comes from, keeping it safe and the importance of managing it effectively 7. How money plays an important part in people’s lives 8. A basic understanding of enterprise

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In summary:

Core Theme 1: Health and Wellbeing	Core Theme 2: Relationships	Core Theme 3: Living in the Wider World
Topic areas: Healthy lifestyles Keeping safe Growing and changing	Topic areas: Healthy Relationships Feelings and emotions Valuing difference	Topic areas: Rights and responsibilities Taking care of the environment Money matters

YEAR	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
5	Relationships	Health and Wellbeing	Relationships	Health and well being	Living in the Wider World	Living in the Wider World
6	Relationships	Healthy and well being	Relationships	Health and well being	Living in the Wider World	Living in the Wider World

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