Personal, Social, Health and Economic Education (PSHE)

Quote: *"Knowing yourself is the beginning of all wisdom."* **– Aristotle**

Intent: At Cannington Primary School, we believe that every child should be supported to grow into a kind, respectful and confident individual. Rooted in our Christian values and village community, our PSHE curriculum helps children to understand themselves, build positive relationships and develop respect for others.

Through learning about health, wellbeing, relationships and living in the wider world, children develop the knowledge, skills and resilience needed to make informed choices and navigate life's opportunities and challenges. They learn the importance of honesty, empathy, responsibility and understanding different viewpoints, cultures and beliefs.

We encourage children to develop self-confidence, manage their emotions and recognise their value as unique individuals. We want every child to leave Cannington with the confidence, character and compassion to make a positive contribution to their community and the wider world.

Curriculum Overview						
	Autumn 1	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer 2**
YR These are specific focai. EYFS curriculum underpins emotional development	Starting school and new beginnings Being kind and staying safe Me, my friends and family Pantasaurus	Celebrating differences Being respectful to others Road safety	People who help us	Managing own emotions and self regulation	Sun safety	Building relationships and transitions
Y1	What is the same about us and what is different?	Who is special to us?	What helps us to stay healthy?	What can we do with money?	Who helps to keep us safe?	How can we look after each other and the world?
Y2	What makes a good friend?	How do we recognise our feelings?	What helps us grow and stay healthy?	What jobs do people do?	What helps us stay safe?	What is bullying?
Y3	How can we be a good friend?	What keeps us safe?	What are families like?	What makes a community?	Why should we eat well and look after our teeth?	Why should we keep active and well?
Y4	What strength, skills and interests do we have?	How can we manage risks in different places?	How do we treat each other with respect?	How can our choices make a difference to others and the environment?	How can we manage our feelings?	How will we grow and change? (RSE)

Y5	What makes up a person's identity?	What decisions can people make with money?	How can we help in an accident or emergency?	How can friends communicate safely?	How can drugs common to everyday life affect health?	What jobs would we like? (RSE) Physical changes from puberty
Y6	How can we keep healthy as we grow?	How can the media influence people?	What will change as we become more independent? How do friendships change as we grow?	Changing Me (RSE)		

PSHE Skills Progression

Skill Area	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Self-Awareness & Identity	Recognise what makes them special and identify personal strengths.	Recognise feelings and begin to understand how emotions affect behaviour.	Recognise self-worth and identify personal strengths.	Develop self-esteem, identify personal qualities and set goals.	Understand factors that contribute to identity and challenge stereotypes.	Understand personal values, wellbeing needs and the impact of choices on health and identity.
Emotional Literacy	Identify feelings linked to achievements, choices and relationships.	Name, recognise and manage a range of feelings. Understand change and loss.	Recognise emotions in themselves and others and discuss feelings openly.	Understand intensity of emotions and use strategies to manage feelings, loss and change.	Recognise how feelings influence decision-making and relationships.	Manage complex emotions, regulate responses and seek support when needed.

Skill Area	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Relationships & Friendships	Build friendships, appreciate family relationships and show kindness.	Recognise qualities of good friendships and resolve simple conflicts.	Develop positive friendships, resolve disagreements and include others.	Demonstrate respect, empathy and inclusion in relationships.	Communicate effectively in friendships and recognise healthy and unhealthy relationships.	Manage changing friendships and understand different types of relationships.
Respect & Inclusion	Recognise similarities and differences between people.	Respect differences and challenge unkind behaviour.	Respect diverse families and communities.	Understand equality, rights, responsibilities and discrimination.	Challenge stereotypes and respect diversity, culture and beliefs.	Demonstrate empathy, respect differing viewpoints and support inclusion.
Keeping Safe	Recognise trusted adults, seek help and understand emergencies.	Identify unsafe situations and boundaries, including online.	Recognise hazards, personal boundaries and risk.	Assess risks and make safe choices online and offline.	Apply first aid knowledge and respond appropriately in emergencies.	Evaluate risks, make informed decisions and recognise influences on safety.
Health & Wellbeing	Understand hygiene, medicines and healthy routines.	Understand healthy eating, physical activity, sleep and sun safety.	Explain the importance of healthy eating, dental care and exercise.	Recognise links between emotional and physical wellbeing.	Understand effects of substances including medicines, smoking, vaping and alcohol.	Understand long-term health choices and links between mental and physical health.
Decision-Making & Responsibility	Make simple choices and understand consequences.	Make responsible choices about health, safety and friendships.	Make safe choices and take responsibility for actions.	Consider consequences, responsibilities and impacts on others.	Make informed decisions about money, health and relationships.	Evaluate influences on decision-making and take responsibility for outcomes.

Skill Area	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Community & Citizenship	Care for others, animals and the environment.	Understand how people contribute through work and community roles.	Understand belonging, diversity and community contribution.	Understand how personal choices affect others and the environment.	Understand economic choices, careers and wider society.	Understand media influence, citizenship and responsibilities within society.
Money & Economic Understanding	Understand where money comes from, needs and wants, saving and spending.	Understand jobs, earning money and different roles in society.	Recognise how people contribute to communities through work.	Understand how spending choices can affect people and the environment.	Budget, save, recognise value for money and financial risks.	Understand influences on spending, advertising and financial decision-making.
Online Safety & Digital Awareness	Recognise trusted adults online and understand that online content can cause feelings.	Understand privacy, online risks and that information can remain online.	Understand personal information, online pressures and digital safety.	Manage online risks, privacy and peer influence online.	Share information safely online and understand consent and digital relationships.	Critically evaluate online content, algorithms, influence and misinformation.
Communication Skills	Express feelings, ask for help and talk about relationships.	Listen, cooperate and communicate emotions appropriately.	Work collaboratively and resolve conflicts constructively.	Discuss sensitive topics respectfully and contribute to group discussions.	Communicate effectively, show empathy and challenge stereotypes respectfully.	Present opinions thoughtfully, debate respectfully and explain feelings confidently.
Independence & Transition	Begin taking responsibility for self-care and routines.	Understand change and prepare for new experiences.	Set personal goals and make positive choices.	Manage setbacks, develop resilience and adapt to change.	Explore future aspirations, careers and puberty changes.	Prepare for secondary school, increased independence and future responsibilities.

Skill Area	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
RSE & Growing Up	Understand body privacy and correct body part names.	Understand growth, change and personal boundaries.	Understand family structures and caring relationships.	Understand puberty, body changes and personal hygiene.	Understand puberty, reproduction, menstruation and body confidence.	Understand reproduction, relationships, consent, attraction and transition to adolescence.

Statutory PSHE / RSHE Expectations Progression

Strand	KS1 (Years 1-2)	KS2 (Years 3-6)
Self-Awareness & Identity	Recognise personal qualities, strengths, feelings and differences between people. Develop self-respect and confidence.	Understand factors that contribute to identity, including interests, culture, family and beliefs. Recognise individuality and challenge stereotypes.
Mental Health & Emotional Wellbeing	Recognise and name a range of feelings. Understand that emotions are normal and know how to seek help.	Understand how emotions change over time, develop resilience, manage challenges and seek support for mental wellbeing.
Relationships	Understand friendship, kindness, respect, family relationships and trusted adults	Develop healthy relationships, understand boundaries, consent, inclusion and respectful behaviour in different contexts.
Respect & Diversity	Show respect for others and recognise similarities and differences	Understand equality, diversity and inclusion. Challenge stereotypes and discrimination.
Keeping Safe	Understand personal safety, trusted adults, basic road safety and body ownership	Assess risks, understand personal boundaries, recognise unsafe situations and know how to seek help

Strand	KS1 (Years 1-2)	KS2 (Years 3-6)
Online Safety	Understand that information can be shared online and that not everyone online is trustworthy	Understand online risks, privacy, consent, scams, misinformation, digital footprints and targeted content.
Physical Health	Learn healthy habits including hygiene, healthy eating, exercise, sleep and dental care	Make informed choices about diet, exercise, sleep, hygiene and healthy lifestyles. Understand links between physical and mental health. [assets.pub...ice.gov.uk], [gov.uk]
Health Prevention	Understand simple ways to stay healthy and avoid illness.	Understand disease prevention, sun safety, vaccinations, personal hygiene and healthy routines.
Safety & Emergencies	Know how to get help and contact emergency services.	Apply basic first aid knowledge and respond appropriately in emergencies.
Growing & Changing	Understand that people grow and change throughout life and learn correct names for body parts.	Understand puberty, body changes, reproduction (where taught), emotional changes and increasing independence.
Community & Citizenship	Understand belonging to groups and communities.	Understand responsibilities within communities and wider society.
Decision Making	Make simple choices and understand consequences.	Evaluate risks, influences and consequences when making decisions.

End of Key Stage 1 Expectations

Pupils should be able to:

- Recognise and manage simple emotions.
- Develop positive friendships and relationships.

- Show kindness, respect and inclusion.
- Understand basic personal safety and body boundaries.
- Identify trusted adults and know how to ask for help.
- Keep themselves physically healthy through good hygiene, exercise and healthy eating.
- Understand age-appropriate online safety.
- Recognise that families and communities may be different and should be respected.
- Understand that people grow and change over time.
- Begin making simple responsible choices.

End of Key Stage 2 Expectations

Pupils should be able to:

- Understand and manage a wider range of emotions.
- Build and maintain healthy relationships.
- Demonstrate empathy, respect and inclusion.
- Understand rights, responsibilities and personal boundaries.
- Assess risk and make informed decisions.
- Stay safe online and critically evaluate information.
- Understand physical and mental health and how they influence one another.
- Know how bodies change through puberty.
- Apply basic first aid and emergency response knowledge.

- Recognise influences on behaviour, choices and wellbeing.
- Understand diversity, stereotypes and discrimination.
- Prepare for increasing independence and transition to secondary school.