



CURRICULUM STATEMENT

PHSE

Core: PSHE teaches children the skills and knowledge needed to develop fully as individuals and as members of families and social and economic communities. Through these lessons the children learn how to become responsible for the health of their bodies, minds and relationships.

Key Questions:

- How can I keep myself safe?
- Who are the people I can trust?
- Who are the people who can help me?
- How can I be safe around medicines?
- How can I build positive relationships with others?
- What should I do to keep myself fit and healthy?

Essential Key Skill:

- Emotional intelligence
- Understanding their own mental health
- Developing a positive self-image and self-worth
- How to develop healthy relationships.
- Responsibility for their own personal hygiene
- How to keep themselves safe
- Understanding the importance of physical activity
- Understanding the importance of healthy eating

Using and Applying Maths and English within PSHE:

- Taking part in debates about current issues
- Writing letters to members of the community
- Know that money comes from different sources and can be used for different purposes, including the concepts of spending and saving
- Sharing their opinions on things that matter to them and explaining their views through discussions with one other person and the whole class
- Creating instructions about how to safely cross roads

Temple Specific (Specific themes covered):

- SRE (Growing and Changing Together)
- Healthy Eating
- Road Safety
- Drugs and Alcohol (Pride 123)
- Anti-bullying