

Alverton Knowledge and Skills - PSHE

Key Knowledge and Skills

Overarching Concepts.

- **Identity** (their personal qualities, attitudes, skills, attributes, and achievement and what influences these)
- **Relationships** (including different types and in different settings)
- **A Healthy Lifestyle** (including - physically, emotionally and socially as well as within relationships, work-life, exercise and rest, spending and saving and diet)
- **Risk** (to be managed rather than simply avoided) and safety (including behaviour and strategies in different settings)
- **Diversity and Equality**
- **Rights, responsibilities** (including fairness and justice) and **consent** (in different contexts)
- **Change** (as something to be managed) and **resilience** (the skills, strategies and 'inner resources' we can draw on when faced with challenging change or circumstance)
- **Power** (how it is used and encountered in a variety of contexts including persuasion, bullying, negotiation and 'win-win' outcomes)
- **Career** (including enterprise and economic understanding)

These are covered at all age groups in an age-appropriate way and should all be covered by the end of Key Stage 2.

	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
Health and Wellbeing	Pupils are taught: <ol style="list-style-type: none"> 1. What is meant by a healthy lifestyle 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 7. How to respond in an emergency 8. To identify different influences on Health and Wellbeing 9. To understand the normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. 10. The importance of self care techniques. 		
Living in the Wider World	Pupils are taught: <ol style="list-style-type: none"> 1. about respect for 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 and understand the role they play as a member in 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 peoples' lives 8. a basic understanding of enterprise 		
Healthy Relationships	Pupils are taught: <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 respect equality and diversity in relationships 5. About internet safety and online relationships 		
Internet Safety	Pupils are taught: <ol style="list-style-type: none"> 1. That for most people the internet is an integral part of life and has many benefits 2. About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing 3. How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private 4. Why social media, some computer games and online gaming, for example, are age restricted 		

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	<ol style="list-style-type: none"> 5. That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health 6. How to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted 7. Where and how to report concerns and get support with issues online 		
Healthy Eating	Pupils are taught: <ol style="list-style-type: none"> 1. What constitutes a healthy diet (including understanding calories and other nutritional content) 2. The principles of planning and preparing a range of healthy meals 3. The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health) 		
Drugs, Alcohol and Tobacco			Pupils are taught: the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking
Health and Prevention	Pupils are taught: <ol style="list-style-type: none"> 1. How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body 2. About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer 3. The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn 4. About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist 5. About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing 6. The facts and science relating to allergies, immunisation and vaccination 		
Basic First Aid	Pupils are taught: <ol style="list-style-type: none"> 1. How to make a clear and efficient call to emergency services if necessary 2. Concepts of basic first aid, for example dealing with common injuries, including head injuries 		
Changing Adolescent Body		Pupils are taught: <ol style="list-style-type: none"> 1. Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes. 2. About menstrual wellbeing including the key facts about the menstrual cycle 	