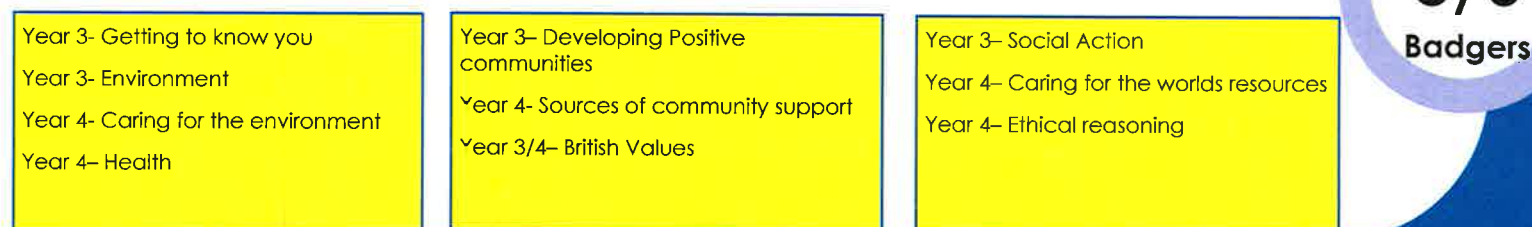




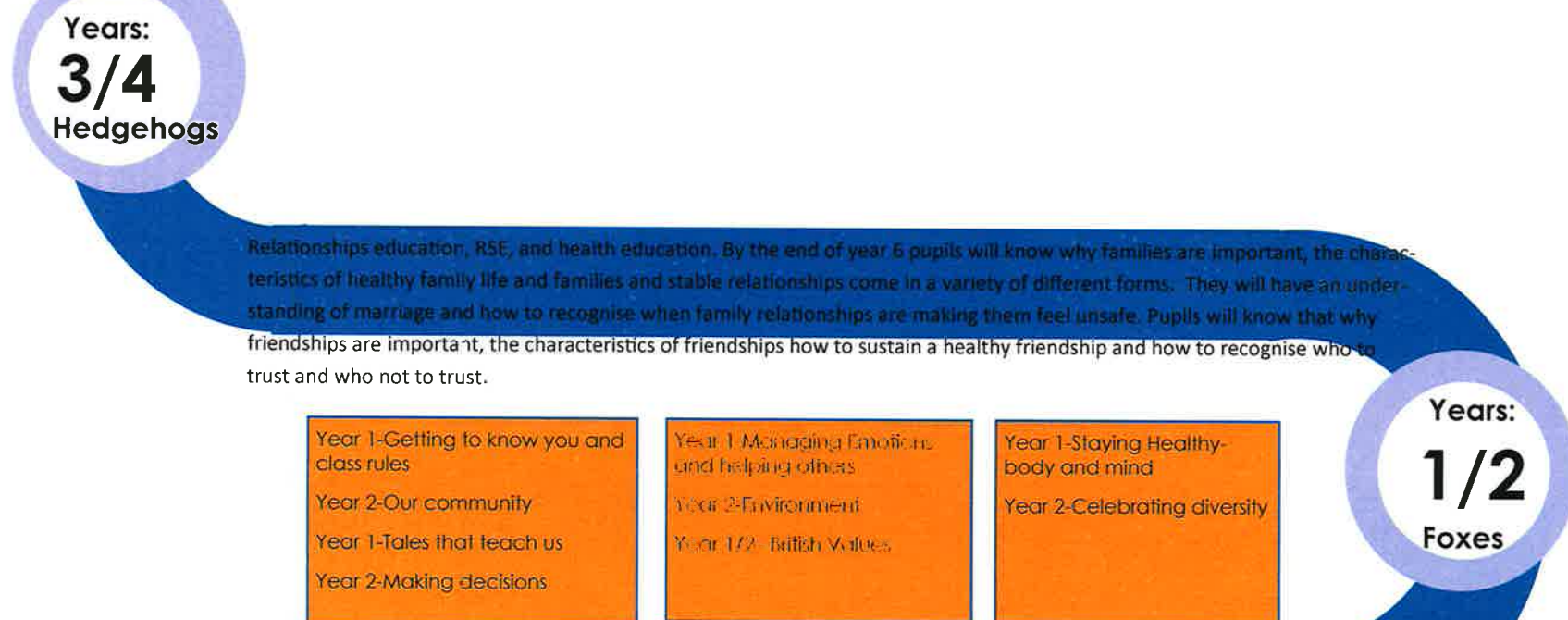
Shute Primary School Subject-PSHE and RHE LEARNING JOURNEY



Pupils will know the importance of respecting other, how to improve and support relationships, the conventions of manners, the importance of self respect and an expectation to be treated with respect. Pupils will know how to safely manage online relationships, pupils will know how to stay safe including reporting and recognising signs of abuse. Pupils will understand that mental wellbeing is a normal part of daily life and will develop the characteristics of good physical health and mental wellbeing. Pupils will have opportunities to discuss feelings and know where to get support if needed.



Pupils will know that the internet is an integral part of life and has many benefits that they need to stay safe and protect themselves when online. Pupils will understand the importance of regular exercise and pupils will know how to plan a healthy diet and the risks associated with unhealthy eating. Pupils will know about legal and illegal harmful substances and the associated risks. Pupils will know about how to manage their health and the prevention of illness. Pupils will know the basic concepts of first aid. Pupils will know the keep facts about puberty and the changing adolescent body they will understand about menstrual wellbeing and the menstrual cycle.



Throughout all year groups, children will develop the ability to effectively apply the following five social and emotional aspects of learning: Self-awareness, managing feelings, motivation, empathy and social skills, confidence in their abilities. During key stages 1 and 2: PSHE offers explicit and implicit learning opportunities which reflect pupils increasing independence and physical and social awareness. It builds on their ability to develop effective relationships, assume greater responsibility and manage personal safety. It helps them to manage the physical and emotional changes at puberty, introduces them to a wider world and enables them to make active contributions to their communities.



In EYFS, children develop a positive sense of themselves and others to form positive relationships and develop respect for others. To develop social skills and learn how to manage their feelings, to understand appropriate behaviours in groups and have confidence in their abilities.

Years: EYFS Squirrels

