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**Key Concepts – PSHE (Personal, Social, Health and Economic Education)**

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|  | **Key concepts** |
| **KS1** | * Understand what ‘Bullying’ is and know to be kind in real life and online situations.
* Understand what is safe to share online and in real life.
* Know what makes a good friend and recognise a ‘healthy friendship’.
* Recognise and name feelings of ‘jealousy’, ‘worry’ and ‘anger’ and understand their physical effects.
* Understand that washing hands and brushing teeth are an important part of keeping / staying healthy.
* Identify top tips for road safety.
* Identify potential hazards, which can be found around the home or local environment.
* Know how to keep money safe.
* Know when and how to ask for help.
* Make ‘safe’ choices about when to help others.
* Understand what a ‘stranger’ is.
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| **Lower****KS2** | * Understand what ‘Bullying’ is and know to be kind in real life and online situations.
* Understand ***who*** is safe to talk to online and in real life.
* Understand the difference between appropriate and inappropriate touch.
* Identify and understand personal boundaries
* Recognise and name feelings of ‘jealousy’ and ‘grief’ and understand their physical effects.
* Know and understand medicine safety rules.
* Know how to keep ourselves and others safe at home.
* Identify ways to maintain a healthy lifestyle – understand what makes a healthy, balanced meal.
* Understand what ‘peer pressure’ is and know ways to manage it.
* Understand what it means to be ‘responsible’ and how actions can show this.
* Identify differences in others and know how to accept these differences.
* Understand when a situation feels safe or risky.
* Know when and how to ask for help.
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| **Upper KS2** | * Know rules about image sharing online.
* Know that people may not be who they say they are online.
* Know how to make and save money.
* Know the benefits and risks of spending money online.
* To understand the physical and emotional changes that happen during puberty and know ways to cope with these changes.
* Understand the terms ‘conception’ and ‘reproduction’.
* Describe the function of the male and female reproductive systems.
* Know the laws around consent.
* Recognise and name feelings of ‘anger’ and ‘worry’ and understand their physical effects.
* Know strategies for coping with uncomfortable feelings.
* Identify risks associated with smoking and alcohol.
* Understand what ‘peer pressure’ is and know ways to manage it.
* Identify ways to keep ourselves and others safe when cycling.
* Identify ways to keep ourselves and others safe when around water.
* Identify and explain each of the British Values.
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