

P.S.H.E

Spring 1 Year 5



Personal, Social, Health and Economic (PSHE) helps pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. It helps children and young people to stay healthy and safe, understanding relationships and preparing them to make the most of life and work.

<u>Self and Relationships</u>	<u>Respecting Others</u>	<u>Healthy lifestyles</u>	<u>Keeping Safe</u>	<u>The World Around Us</u>
-------------------------------	--------------------------	---------------------------	---------------------	----------------------------

Self and Relationships

Being responsible for self and others

To recognise their individuality and personal qualities.

To know that personal behaviour can affect other people; to recognise and model respectful behaviour online.

To recognise things appropriate to share and things that should not be shared on social media.

British Value:

Rights and Responsibility

Key Vocabulary

relationships	Self-care	individuality
respectful	mental health	rights

Pupil Reflection:
