



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 to stay healthy and safe, understanding their relationships, academic, personal and social lives in a positive way.

<u>Self and Relationships</u>	<u>Respecting Others</u>	<u>Healthy lifestyles</u>	<u>Keeping Safe</u>	<u>The World Around Us</u>
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P.S.H.E. Is taught both explicitly and discretely across the curriculum. This half term, the following statements from the P.S.H.E Association will be covered:	
H1. About what keeping healthy means; different ways to keep healthy.	
H2. About foods that support good health and the risks of eating too much sugar.	
H3. About how physical activity helps us to stay healthy; and ways to be physically active every day.	
H4. About why sleep is important and different ways to rest and relax.	
H5. Simple hygiene routines that can stop germs from spreading.	
H6. That medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy.	
H7. About dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health.	
H9. About different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV.	
H10. About the people who help us to stay physically healthy.	
H20. Strategies for maintaining personal hygiene, including oral health, and prevention of infection.	
<u>British Value:</u>	
Rights and Responsibility	

<u>Key Vocabulary</u>		
healthy	exercise	hygiene
dentist	germs	diet