

PSHEe

Substantive Knowledge

Factual Knowledge

- What is a family?
- What is a good friendship?
- What is a healthy relationship?
- What is respect?
- What is a community?
- How can I stay safe online?
- How can I protect my physical and mental wellbeing?
- What skills will I need when I grow up?
- How will my body change?
- How can I keep myself safe?

Key Ideas:

- Families and friendships
- Safe relationships
- Respecting ourselves and others
- Belonging to a community
- Media and Digital Literacy
- Money and work
- Physical and mental wellbeing
- Growing and changing
- Keeping safe

Disciplinary Process or skills (procedural)

Subject Specific Skills

- Compassion
- Listening
- First Aid
- Life experiences (Visitors)
- Scenarios
- Drama
- Hearing a variety of points of view
- Show respect
- Participating in the community
- Computing
- Empathy
- Respect

Disciplinary Concepts

Key Concepts

- Keeping safe
- Manners
- Environment
- Internet
- Strength
- Careers
- Lifestyles
- Health
- Mental health
- Identity
- Regulation
- Making friends
- Changes
- Community
- Money
- Rules
- Peer influence
- Relationships
- Diversity
- Living in the wider world

