

## ***PSHE CORE THEMES AS SUGGESTED BY PSHE ASSOCIATION***

### **Core Theme 1: HEALTH AND WELL BEING**

**In Key Stages 1 and 2, pupils should be taught:**

- what is meant by a healthy lifestyle
- how to maintain physical, mental and emotional health and wellbeing
- how to manage risks to physical and emotional health and wellbeing
- ways of keeping physically and emotionally safe
- about managing change, including puberty, transition and loss
- how to make informed choices about health and wellbeing and to recognise sources of help with this
- how to respond in an emergency
- to identify different influences on health and wellbeing

### **CORE THEME 2: RELATIONSHIPS**

**In Key Stages 1 and 2, pupils should be taught:**

- how to develop and maintain a variety of healthy relationships within a range of social/ cultural contexts
- how to recognise and manage emotions within a range of relationships
- how to recognise risky or negative relationships including all forms of bullying and abuse
- how to respond to risky or negative relationships and ask for help
- how to respect equality and diversity in relationships.

### **CORE THEME 3: Wider World**

**In Key Stages 1 and 2 pupils should focus on 'economic wellbeing and being a responsible citizen' and be taught:**

- about respect for the self and others and the importance of responsible behaviours and actions
- about rights and responsibilities as members of families, other groups and ultimately as citizens
- about different groups and communities
- to respect equality and to be a productive member of a diverse community
- about the importance of respecting and protecting the environment
- about where money comes from, keeping it safe and the importance of managing it effectively