

## **PSHE - Intent**

PSHE Education is a planned programme of learning through which children and young people acquire the knowledge, understanding and skills they need to manage their lives – now and in the future. As part of a whole-school approach, PSHE Education develops the qualities and attributes pupils need to thrive as individuals, family members and members of society.

<i>By the end of Reception</i>	<i>By the end of Year 1</i>	<i>By the end of Year 2</i>	<i>By the end of Year 3</i>	<i>By the end of Year 4</i>	<i>By the end of Year 5</i>	<i>By the end of Year 6</i>
<p><b>Healthy Me</b></p> <p>I understand how moving and resting are good for my body I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet</p> <p>I know how to help myself go to sleep and understand why sleep is good for me</p> <p>I know what a stranger is and how to stay safe if a stranger approaches me</p>	<p><b>Healthy Me</b></p> <p>I know how to keep myself clean and healthy, and understand how germs cause disease/illness I know that all household products including medicines can be harmful if not used properly</p> <p>I understand that medicines can help me if I feel poorly and I know how to use them safely</p> <p>I know how to keep safe when crossing the road, and about people who can help me to stay safe</p>	<p><b>Healthy Me</b></p> <p>I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy</p> <p>I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed</p> <p>I understand how medicines work in my body and how important it is to use them safely</p>	<p><b>Healthy Me</b></p> <p>I understand how exercise affects my body and know why my heart and lungs are such important organs</p> <p>I can tell you my knowledge and attitude towards drug</p> <p>I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help</p>	<p><b>Healthy Me</b></p> <p>I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke</p> <p>I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol</p> <p>I can recognise when people are putting me under pressure and can explain ways to resist this when I want</p>	<p><b>Healthy Me</b></p> <p>I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.</p> <p>I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations</p> <p>I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures</p>	<p><b>Healthy Me</b></p> <p>I know about different types of drugs and their uses and their effects on the body particularly the liver and heart</p> <p>I can evaluate when alcohol is being used responsibly, anti-socially or being misused</p> <p>I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness</p> <p>I can recognise when I feel stressed and the triggers that cause this and I understand how stress can cause alcohol misuse</p>

