

PSHE Units of Learning:

Y1/3/5: Individuality, Independence and Assertiveness; Growing Up, Staying Healthy and Making Ambitions.

Y2/4/6: Following the Law, Staying Safe and Overcoming Peer Pressure; Changes, Transitions and Positivity.

Key knowledge

As well as food and exercise, sleep and relaxation can affect our physical health. It is recommended that children aged 6-12 need 9 to 12 hours sleep.

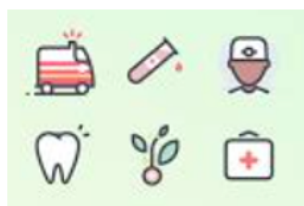
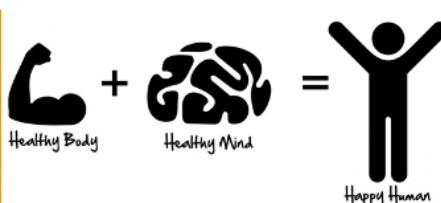
Mental health is of equal importance as physical health.

Feelings have purpose and there are ways to manage our feelings appropriately.

There is a difference between a gang and a group

Remembering PANTS can help you keep safe

P rivate are private
A lways remember your body belongs to you
N o means no
T alk about secrets that upset you
S peak up, someone can help



Key vocabulary

This is the vocabulary that will help us talk about our learning

leisure	time when you can relax
drug	a substance that affects the way the body functions
hazard	something which could be dangerous to you, your health or safety
illegal	forbidden by law
legal	allowed or required by law
risk	something which exposes someone to danger
trait	A distinguishing quality or characteristic
private	personal and not to be shared

British Values

- democracy
- the rule of law
- individual liberty
- mutual respect
- tolerance of those of different faiths and beliefs

Take a moment to think about how lucky we are to live in Britain, a country with such strong values.