



What is PSHE?

PSHE is your personal, social and health education.

‘Personal education’ is when we learn about what makes us special, our likes or dislikes, feelings and emotions and responsibilities. ‘Social education’ is where we learn about friendships, the community groups we belong to and how to behave in different situations. ‘Health education’ means that we learn about how to keep our bodies or minds safe and well.



Some one who studies PSHE is a role model! Role models build positive, respectful relationships with others, understand how to look after their physical and mental health, protect the environment and celebrate the diversity (uniqueness) of the world.

Greta Thunberg, Malala Yousafzai and Nelson Mandela and are all examples of role models who have overcome challenges and shown us that it does not matter how who we are—we can respect ourselves, others and our world and do amazing things!



I will be learning these skills in PSHE (KS1):

- Knowing how to show respect for myself, my friends and the school rules.
- Understanding about how I am similar or different to others and what makes me ‘unique’.
- Knowing what it means to be ‘responsible’ and how I can act responsibly.
- Knowing some names of different emotions and how to recognise how I (or others) are feeling.
- Knowing the difference between ‘secrets’ and ‘surprises’, understanding how my actions can affect others and recognising bullying behaviour.
- Understanding the importance of good physical health and how to keep my body and mind (mental health) well.
- Knowing how I can keep myself safe on the road or when using the internet.

