



Subject Information Year 3/4



Soaring to success

PSHE Lower Key Stage 2

During Key Stage 2, PSHE education offers both explicit and implicit learning opportunities and experiences which reflect pupils' increasing independence and physical and social awareness, as they move through the primary phase. It builds on the skills that pupils started to acquire during Key Stage 1 and allows them to continue to develop effective relationships, assume greater personal responsibility and manage personal safety, including online. PSHE education helps pupils to manage the emotional changes of growing up, introduces them to a wider world and enables them to make an active contribution to their communities.

Children are taught:

- What positively and negatively affects their physical, mental and emotional health, how to make informed choices about them, and the basics of a 'balanced lifestyle.'
- The skills to make their own choices about food, including the benefits of a healthy diet.
- To reflect on and celebrate their achievements, recognise their strengths and areas for improvement, and set high aspirations and goals.
- That their actions affect both themselves and others.
- To recognise different types of relationship, including acquaintances, friends and family.
- The concept of keeping things confidential or secret, whether they agree to this, and when it's right to break a confidence or share a secret.
- To listen and respond respectfully to a wide range of people; to raise their own concerns; to consider other people's feelings; and to respect and constructively challenge others' views.
- The basic human rights we all share, and that children have their own special rights; that these rights are there to protect everyone.
- The different responsibilities, rights and duties that they have at home, at school, in the community and towards the environment, and to develop the skills to exercise these responsibilities.
- Resolving differences by looking at alternatives, considering others' points of view, making decisions and explaining choices.
- Being part of a community, and recognising the roles of voluntary, community and pressure groups.
- The role money plays in life, including how to manage it.