**PSHE Skills KS2**

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| Area | Key skills Progression |
| Health and well being | * 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 8. to identify different influences on health and wellbeing
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| Relationships | * 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 5. how to respect equality and diversity in relationships
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| Living in the wider world | * about respect for 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 diversity and equality and how 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
* the part that money plays in people’s lives
* a basic understanding of enterprise
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