**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 |
| 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 |
| 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 |