PSHE Learning Track

PSHE education at Bligh, contributes to personal development by helping pupils to build their confidence, re… and self-esteem, and to identify and manage risk, make informed choices and understand what influences their decisions. It enables them to recognise, accept and shape their identities, to understand and accommodate difference and change, to manage emotions and to communicate constructively in a variety of settings. Developing an understanding of themselves, empathy and the ability to work with others will help pupils to form and maintain good relationships, develop the essential skills for future employability and better enjoy and manage their lives.

Secondary School

- What will change as we become more independent?
- How do friendships change as we grow?
- Our bodies change over time, how do our friendships?
- Explain whether becoming independent always a good thing?
- How can the media influence people?
- Is everything you see in the media positive? Explain
- How can we keep healthy and grow?
- Why is it important to be healthy physically and mentally?
- What choices can we make to have a healthy lifestyle?
- What jobs would we like?
- What do you look for when applying for a job?

YEAR 6 Secondary Ready

YEAR 5 Secondary Ready

- How can we identify similarities and differences in others and find things in common?
- What makes up a person's identity?
- What decisions can people make with money?
- Explain the benefits of budgeting.
- How can we help in an accident or emergency?
- Why is first aid an important skills to have?
- How can friends communicate safely?
- What steps do you need to take to be safe when chatting online?
- How can drugs common to everyday life affect our health?
- Why can drugs become habitual?
- How can we manage risk in different places?
- How can I identify good and bad risks and what actions can I take?

YEAR 4 Secondary Ready

- How can our choices make a difference to our environment?
- Why do people feel strongly about recycling?
- How will we grow and change?
- How can the way my body changes impact my feelings?
- How can we manage or feelings?
- How can I identify my feelings? What can I do about them?
- How do we treat each other with respect?
- How do people's behaviour affect themselves and others??
- What strengths, skills and interests do we have?
- How do the actions I take make me happier>?
- Why should we keep active and sleep well?
- How might our bodies change if we are inactive?

YEAR 3 Secondary Ready

- What strategies can we use if we feel worried?
- Feeling
- What strategies can we use if we feel angry?
- How can we be a good friend?
- How can you help someone who isn't being a good friend?
- What keeps us safe?
- Why is it important to give and seek permission?
- What are families like?
- How many families are you part of?
- What makes a community ?
- Who is in your local community? How do you know?
- Why should we eat well and look after our teeth?
- What is a balanced diet? Why is it important?

YEAR 2 Junior Ready

- Keeping Healthy
- How can you ensure you stay healthy?
- Keeping Safe
- How do you know something is risky?
- How can we stay safe online?
- Jobs
- Why do people have jobs?
- Bullying
- What would you do if you saw someone being bullied? What would you do if you were being bullied?
- What makes a good friend?
- How can you be a good friend?
- Money
- What can we use money for?

YEAR 1 School Ready

- Hazard Watch
- What is not safe to play with at home and school?
- Our World
- Why do we have rules?
- What helps us stay healthy?
- Keeping Healthy
- Who keeps us safe?
- Keeping Safe
- What do we need to keep our classroom tidy?
- Being Responsible
- …t words can I use to express how I feel?
- Feelings and Emotions
- How are we all unique?
- What is the same and different about us?
- How are families the same and different?
- Who is special to us?
- Who would you go to see if you were unhealthy?
- What helps us stay healthy?
- Looking after the world
- What can harm our environment?
- How do you respond safely to adults you don't know?
- Keeping Safe

YEAR R School Ready

Bligh Primary School – A School with HEART