



Walford Nursery & Primary School



FLUENCY in PSHE Education

By focusing on these key skills at each developmental stage, pupils can develop a strong foundation in PSHE Education, providing pupils with the knowledge, skills and attitudes to lead healthy, fulfilled lives, making positive contributions to society and empowering them to navigate the complexities of personal, social, health and economic aspects of their lives as they progress through primary school.

Age 2 years – 5 years (EYFS – Nursery & Reception)	Age 5 years – 7 years (KS1 – Year 1 & Year 2)	Age 7 years – 11 years (KS2 – Year 3, Year 4, Year 5 & Year 6)
Emotional Literacy - Develop basic emotional literacy by identifying and expressing emotions. - Introduce simple strategies for self-regulation. Social Interaction - Promote positive social interactions through play and shared activities. - Teach basic concepts of kindness, sharing, and cooperation. Health and Hygiene - Introduce basic health and hygiene practices, such as handwashing and teeth brushing. - Develop an understanding of the importance of a healthy lifestyle. Self-Identity - Encourage self-awareness and understanding of personal characteristics. - Introduce the concept of diversity and respect for differences.	Relationship Skills - Develop interpersonal skills, including communication, active listening, and conflict resolution. - Foster positive relationships with peers and adults. Healthy Living - Explore the importance of a balanced diet, regular exercise, and sufficient sleep. - Introduce the concept of making healthy choices. Personal Safety - Teach basic personal safety skills, such as road safety and understanding personal boundaries. - Introduce the concept of consent in age-appropriate ways. Emotional Regulation - Expand emotional regulation skills, including recognising and managing a range of emotions. - Introduce simple mindfulness or relaxation techniques.	Critical Thinking - Develop critical thinking skills by discussing ethical dilemmas and making informed decisions. - Explore media literacy and critical analysis of messages in the media. Resilience and Coping Strategies - Teach resilience and coping strategies for dealing with challenges and setbacks. - Encourage a growth mindset and positive self-talk. Financial Literacy - Introduce basic financial concepts such as budgeting, saving, and the value of money. - Develop an understanding of economic concepts in age-appropriate contexts. Online Safety and Digital Literacy - Explore online safety, responsible internet use, and the potential risks associated with online activities. - Develop digital literacy skills for navigating and evaluating online content. Citizenship and Community - Foster a sense of citizenship and community responsibility. - Explore the concept of being a responsible and active member of a community. Body Image and Self-Esteem - Promote positive body image and self-esteem. - Discuss societal influences on body image and challenge stereotypes.

Peer Pressure and Decision-Making:

- Develop skills in resisting negative peer pressure and making responsible decisions.
- Discuss the consequences of different choices.

Sex and Relationships Education (SRE):

- Introduce age-appropriate information about relationships and human development.
- Foster open communication about feelings, boundaries, and consent.

