**Why is PSHE important?**

PSHE teaches us how to make informed choices and be enterprising and ambitious.

Through PSHE education, we focus on achieving our potential by supporting our wellbeing and tackling issues that can affect our ability to learn, such as anxiety and unhealthy relationships.

In PSHE, we learn the importance of a healthy lifestyle and positive relationships.

**When is PSHE taught?**

PSHE is taught both discretely and through thematic units. The Satellite View maps out which thematic units feature this subject and clearly shows the objectives taught. Separate lessons are also planned in across each phase.

**How is PSHE taught?**

PSHE is taught through a combination of subject knowledge and skill building. Learning takes place both inside and outside the classroom.

**What do we learn in PSHE?**

We learn about:-

Physical, emotional and mental health

Healthy lifestyles

Hygiene

Nutrition and food

Aspirations

Changing and growing

Emotions

Keeping Safe

First Aid

Similarities and differences

Healthy relationships

Discrimination

Communication

Collaboration

Bullying

Fairness

Family and friends

Rules and responsibilities

Communities

Money and finance

Diversity

Enterprise