



# PSHE





# What is PSHE?

PSHE stands for Personal, Social and Health Education. In PSHE lessons, we learn the knowledge and skills to keep ourselves happy, healthy and safe, as well as prepared for the future.





# **In PSHE, we ask questions such as....**

What are my goals? How can I achieve them?



Is it OK to be different?

How can I stay safe and healthy?

How can I build good relationships with my friends and family?





# PSHE Lessons

Do you think PSHE is important?

Can you remember something that you have learned in a PSHE lesson?





# How do we learn in PSHE?



By listening to others  
(adults and children)



By sharing our own  
thoughts and ideas



By reflecting and  
thinking about our  
own lives and choices

There is often no right or wrong answer in PSHE. We respect the opinions of others even if they are different to our own.



# PSHE at Dorothy Barley Infant School

We follow **Jigsaw** in our PSHE lessons.





# PSHE at Dorothy Barley Infant School

Over the year, you will cover the following six topics in your PSHE lessons.





# PSHE at Dorothy Barley Infant School

Our learning in PSHE doesn't just happen in PSHE lessons. You might also participate in:



Online safety lessons

Children in Need

Anti-bullying week

Making healthy choices at lunchtime

Trying hard to walk to school