



Personal, Social, Health Education (PSHE) Subject Concepts:

Connecting to the 'bigger picture' through our key concepts

	<h2>Resilience</h2>	<p>By the time children finish Year 6, they will be able to develop the ability to cope with challenges, setbacks, and failures with a positive attitude. They will learn to manage stress and emotions, using strategies to stay calm and focused in difficult situations. They will also understand the importance of perseverance and the role of a growth mindset in achieving personal goals.</p>
	<h2>Aspiration</h2>	<p>By the time children finish Year 6, they will be able to set personal goals and ambitions, both academically and personally, and work towards them with determination. They will explore what success looks like in different contexts, understanding that it can take different forms. They will also learn about different career options, role models, and how to build the skills necessary to achieve their future aspirations.</p>
	<h2>Expression</h2>	<p>By the time children finish Year 6, they will be able to develop the confidence to express their thoughts, feelings, and ideas in a respectful and constructive manner. They will learn to communicate effectively in different situations, whether in discussions, debates, or through creative outlets such as art and writing. They will also understand the importance of self-expression and respecting the views of others.</p>
	<h2>Citizenship</h2>	<p>By the time children finish Year 6, they will be able to understand their role within the wider community and society, developing an awareness of rights, responsibilities, and social justice. They will learn about democratic processes, laws, and how individuals can contribute to making their community a better place. They will also develop empathy, respect for diversity, and the importance of active participation in society.</p>
	<h2>Health and Wellbeing</h2>	<p>By the time children finish Year 6, they will be able to develop the knowledge and skills necessary to lead a healthy lifestyle, understanding the importance of good nutrition, physical activity, sleep, and mental health. They will learn about how to make informed choices regarding their health. They will also explore strategies to promote their own emotional wellbeing and resilience, seeking support when needed.</p>