



## Personal, Social, Health and Economic Education

### 1. Key Concepts

#### 1.2 Healthy lifestyles

b. Understanding that our physical, mental, sexual and emotional health affect our ability to lead fulfilling lives and that there is help and support available when they are threatened.

#### 1.3 Risk

- a. Understanding risk in both positive and negative terms and understanding that individuals need to manage risk to themselves and others in a range of personal and social situations.
- c. Developing the confidence to try new ideas and face challenges safely, individually and in groups.

### 2. Key processes

#### 2.1 Critical reflections

a. reflect critically on their own and others' values and change their behaviour accordingly.

#### 2.2 Decision-making and managing risk

- b. assess and manage risk in personal choices and situations, minimise harm in risky situations and demonstrate how to help others do so.
- e. identify how managing feelings and emotions effectively supports decision making and risk management.

### 3. Range and content

**e. where and how to obtain health information, how to recognise and follow health and safety procedures, ways of reducing risk and minimising harm in risky situations, how to find sources of emergency help and how to use basic and emergency first aid**

## **Citizenship**

### **1. Key concepts**

#### **1.1 Democracy and justice**

- a. Participating actively in different kinds of decision-making and voting in order to influence public life.
- b. Weighing up what is fair and unfair in different situations, understanding that justice is fundamental to a democratic society and exploring the role of law in maintaining order and resolving conflict.

#### **1.2 Rights and responsibilities**

- a. Exploring different kinds of rights and obligations and how these affect both individuals and communities.
- b. Understanding that individuals, organisations and governments have responsibilities to ensure that rights are balanced, supported and protected.
- c. Investigating ways in which rights can compete and conflict, and understanding that hard decisions have to be made to try to balance these.

### **2. Key processes**

#### **2.1 Critical thinking and enquiry**

- a. question and reflect on different ideas, opinions, assumptions, beliefs and values when exploring topical and controversial issues and problems.

#### **2.2 Advocacy and representation**

- a. evaluate critically different ideas and viewpoints including those with which they do not necessarily agree.
- b. explain their viewpoint, drawing conclusions from what they have learnt through research, discussion and actions, including formal debates and votes.
- c. present a convincing argument that takes account of, and represents, different viewpoints, to try to persuade others to think again, change or support them.

## **Science**

### **5. Organisms and health**

- e. human health is affected by a range of environmental and inherited factors, by the use and misuse of drugs and by medical treatments.

## **Design & technology, Health and social care, Art and design**

## **Physical education, Information & communication technology**

**Health and safety:** through learning about hazards and risks and ensuring the health and safety of themselves and others. This applies to the above subjects.