

Table 5: England -The National Curriculum

Key Stage	Key Stage 2	Key Stage 3	Key Stage 4
Area of Learning	Personal, Social and Health Education	Personal, Social, Health and Economic Education	
	Knowledge, Skills and Understanding	Personal Wellbeing	
	<p>Key Concept - Developing confidence and responsibility and making the most of their abilities</p> <p>To talk and write about their opinions, and explain their views on issues that affect themselves and society</p> <p>To recognise their worth as individuals by identifying positive things about themselves and their achievements, seeing their mistakes, making amends and setting personal goals</p> <p>To face new challenges positively by collecting information, looking for help, making responsible choices, and taking action</p>	<p>Key Concept - Personal identities</p> <p>Understanding that identity is affected by a range of factors, including a positive sense of self</p> <p>Recognising that the way in which personal qualities, attitudes, skills and achievements are evaluated affects confidence and self-esteem</p> <p>Understanding that self-esteem can change with personal circumstances, such as those associated with family and friendships, achievements and employment</p>	
	<p>Key Concept - Developing a healthy, safer lifestyle</p> <p>What makes a healthy lifestyle, including the benefits of exercise and healthy eating, what affects mental health, and how to make informed choices</p> <p>About the body changes as they approach puberty</p>	<p>Key Concept - Healthy lifestyles</p> <p>Recognising that healthy lifestyles, and the wellbeing of self and others, depend on information and making responsible choices</p> <p>Understanding that 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</p>	
	<p>Key Concept - Developing good relationships and respecting the differences between people</p> <p>That their actions affect themselves and others, to care about other people's feelings and to try to see things from their point of view</p> <p>Where individuals, families and groups can get help and support</p>	<p>Key Concept - Risk</p> <p>Understanding risk in both positive and negative terms and understanding that individuals need to manage risk to themselves and others in a range of situations</p> <p>Appreciating that pressure can be used positively or negatively to influence others in situations involving risk</p> <p>Developing the confidence to try new ideas and face challenges safely, individually and in groups.</p>	