



KS2 LOWER PERSONAL, SOCIAL, HEALTH, ECONOMIC (PSHE) CURRICULUM OVERVIEW FOR PARENTS

PSHE in Lower Key Stage 2 helps children to build on what they already know about feelings, friendships, and staying safe. They begin to explore more about themselves and others, developing empathy, responsibility, and independence.

The aims of PSHE education are to help children:

- Understand and manage emotions
- Form positive relationships and friendships
- Learn how to stay healthy and safe
- Recognise their rights and responsibilities
- Begin to understand money and choices

It supports their spiritual, moral, social and cultural development, preparing them for life in modern Britain.



RELATIONSHIPS

Children will learn to:

- Recognise the qualities of a healthy friendship, including kindness, respect, and honesty.
- Understand how their actions affect others and how to resolve conflicts.
- Recognise and respect differences between people, including family structures and cultures.
- Understand the importance of privacy and personal boundaries.
- Learn about positive communication and how to ask for help or advice.

Children develop stronger social skills and learn how to build and maintain healthy, respectful relationships.



HEALTH & WELLBEING

Children will explore:

- How to make healthy choices around food, hygiene, exercise, and sleep.
- The importance of balancing screen time with other activities.
- How feelings can change and healthy ways to manage them.
- How to stay safe in everyday situations, including online.
- Why rest, relaxation, and hobbies are good for their mental health.

Children learn that taking care of their body and mind helps them feel confident and happy.



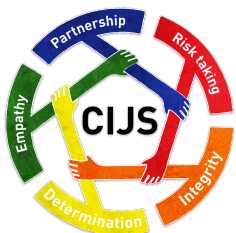
LIVING IN THE WIDER WORLD

Children will begin to understand:

- How to manage money – spending, saving, and making choices.
- How rules help keep communities safe and fair.
- The importance of looking after the environment.
- What it means to be part of different groups and contribute positively.
- How to show respect for diversity and differences.

Children learn that everyone has a role in making their community a kind and fair place.

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PSHE helps children:

- Build self-confidence and emotional understanding.
- Show empathy and kindness to others.
- Develop resilience and problem-solving skills.
- Understand how to stay safe and make good choices.



KS2L How can I help my child at home?

These moments build confidence, empathy, and independence.

Encourage your child to talk about their day and how they felt.



Discuss friendship challenges and how to solve problems kindly.

Discuss real-life choices — saving money, recycling, or helping others.



Talk about healthy habits — food, sleep, screen time, and relaxation.

Encourage them to take small responsibilities (like planning a meal or organising their bag).



Watch or read stories together about feelings, teamwork, or fairness.