

CURRICULUM LINKS (14 TO 16)

ENGLAND KS4 – NATIONAL CURRICULUM

Links to the National Curriculum for PSHE: Personal Wellbeing (Department of Education)

LEARNING OUTCOMES	Fact sheets	Work sheets	Interactives
Personal wellbeing			
1.2a Recognising that healthy lifestyles, and the wellbeing of self and others, depend on information and making responsible choices.	All	All	✓
1.3a 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.	All	All	✓
1.3c Developing the confidence to try new ideas and face challenges safely, individually and in groups.	All	All	✓
2.1e Develop self-awareness by reflecting critically on their behaviour and its impact on others.	All	All	✓
2.2a use knowledge and understanding to make informed choices about safety, health and wellbeing, evaluating personal choices and making changes if necessary	All	All	✓
2.2c Assess and manage the element of risk in personal choices and situations, minimise harm in risky situations and demonstrate how to help others do so	All	All	✓
2.2e Identify how managing feelings and emotions effectively supports decision-making and risk management.		WB6	
3e 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	All	All	✓
3g The roles and responsibilities of parents, carers, children and other family members			✓
4a Make real choices and decisions based on accurate information obtained through their own research using a range of sources, including the internet, other media sources and visits/visitors to and people from the wider community	All	All	✓
4d Use case studies, simulations, scenarios and drama to explore personal and social issues and have time to reflect on them in relation to their own lives and behaviour		All	

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4e	Take part in individual and group discussion to consider personal, social and moral dilemmas and the choices and decisions relating to them		Wb3, WB5, WB6, WB7, WB8	✓
4f	Work as members of groups and teams, taking on different roles and responsibilities			✓
4h	Identify sources of help and support and take responsibility for providing accurate information to others	All	WB8	✓