

“We may not be able to prepare the future for
our children but we can
at least prepare our children for the future.”

~ Franklin D. Roosevelt

LIFE SKILLS AT PARC EGLOS SCHOOL |

Life Skills at Parc Eglos School

- Welcome
- Fire procedure
- Introduction – RSHE/PSHE curriculum
- 1 decision and an example lesson video
- Benefits of a collaborative approach inc.
parent/carer zone
- Puberty and conception

INTRODUCTION

RSHE stands for Relationships, Sex and Health Education. It is a vital and statutory part of the national curriculum designed to help our children gain the knowledge and skills to manage their lives now and in the future.

Primary schools must teach:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe
- Basic health and wellbeing, including mental health, hygiene, and body changes

The updated 2026 guidance adds:

- Correct names for body parts, including genitalia
- Personal safety (roads, rail, water, public spaces)
- Online financial harms (gaming monetisation, scams)
- Learning about grief, loss, and change

Resources at 1decision have been produced by PSHE and Safeguarding experts for the media generation and include interactive content suitable for all learning styles.



Kite marked and quality assured by the PSHE Association to cover RSHE, British Values and Protected Characteristics. The PSHE Association is the UK's governing body for the subject.



Child Led – to meet the needs of our children and our community. Some content may require more/less time but this also gives us flexibility for additional content outside of suggested lessons e.g. politics, self-defence etc.



Supplies children with the knowledge, skills and vocabulary to support their own choice making. By the end of their time with us at Parc Eglos, we aim for the children to have respect for others, understand healthy relationships, recognise and manage emotions, understand their rights and know how to make informative and smart choices.

WHY 1DECISION FOR PARC EGLOS?

EYFS

Foundation Life Skills



SAFETY & KINDNESS

Understanding safety and kindness in everyday life. Learning to care for others and the environment.



HEALTHY HABITS

Learning about washing hands, eating well, and taking care of our bodies every day.



EMOTIONS

Recognising and expressing basic emotions. Understanding how we feel and why.

FAMILY & COMMUNITY

Exploring family, community, and fairness. Learning about the people who help us.



CARING FOR OTHERS

Learning to be kind, share with friends, and help look after our environment and living things.

BEING A GOOD FRIEND

Understanding how to play nicely, take turns, and work together with others.



EXPLORING OUR WORLD

Discovering the world around us, asking questions, and learning through play and exploration.

Year 1 - Year 6

Life Skills Progression

Keeping/Staying Safe

- YEAR 1** Form a basic understanding of how to stay safe
- YEAR 2** Develop awareness of risks and personal responsibility
- YEAR 3** Identify hazards and warning signs
- YEAR 4** Apply strategies to stay safe and consider consequences
- YEAR 5** Manage influence and peer pressure
- YEAR 6** Evaluate risks and make responsible decisions

Keeping/Staying Healthy

- YEAR 1** Build an understanding of healthy choices and habits
- YEAR 2** Explore everyday choices that support health
- YEAR 3** Recognise routines and behaviours that support wellbeing
- YEAR 4** Apply knowledge to maintain a healthy lifestyle
- YEAR 5** Respond to influences that affect health choices
- YEAR 6** Evaluate health risks and make positive lifestyle decisions

Relationships / Growing and Changing

- YEAR 1** Begin to understand positive relationships
- YEAR 2** Recognise feelings and show empathy for others
- YEAR 3** Explore personal boundaries and respect for others
- YEAR 4** Learn about healthy and unhealthy relationships
- YEAR 5** Identify changes that puberty and growing up can bring
- YEAR 6** Evaluate relationships and make respectful choices

Being Responsible

- YEAR 1** Begin to understand responsibility in everyday situations
- YEAR 2** Recognise responsible and irresponsible choices
- YEAR 3** Identify responsible behaviours and their impact on others
- YEAR 4** Understand responsibility in different situations
- YEAR 5** Consider how personal choices can affect others
- YEAR 6** Evaluate responsibilities and make informed decisions

Feelings and Emotions

- YEAR 1** Build an understanding of feelings and emotions
- YEAR 2** Recognise a range of emotions and their effects
- YEAR 3** Identify emotions and ways to manage them
- YEAR 4** Understand more complex emotions and responses
- YEAR 5** Manage strong emotions and recognise triggers
- YEAR 6** Reflect on emotional responses and manage personal wellbeing

Computer / Online Safety

- YEAR 1** Form a basic understanding of safe technology use
- YEAR 2** Develop awareness of responsible technology use
- YEAR 3** Recognise online risks and safe choices
- YEAR 4** Understand respectful online behaviour and cyberbullying
- YEAR 5** Manage pressures and influences online
- YEAR 6** Evaluate online risks and make responsible digital choices

Our World / The Working World

- YEAR 1** Form a basic understanding of family life and the world around us
- YEAR 2** Develop awareness of caring for living things and early money concepts
- YEAR 3** Recognise how people help care for the environment
- YEAR 4** Understand roles and responsibilities in family and community life
- YEAR 5** Explore future careers, money and enterprise
- YEAR 6** Evaluate financial choices and future responsibilities

A World Without Judgement

- YEAR 1** Develop an understanding of fairness and democracy
- YEAR 2** Recognise individual liberty and the rule of law
- YEAR 3** Identify the importance of tolerance and respect
- YEAR 4** Explore how judgement and discrimination can affect others
- YEAR 5** Further explore diversity, inclusion and acceptance
- YEAR 6** Evaluate British values and community cohesion

Fire Safety / First Aid

- YEAR 1** Begin to understand emergency services and staying safe
- YEAR 2** Recognise responsibility and safe choices
- YEAR 3** Identify risks and how actions can affect others
- YEAR 4** Understand basic first aid and how to seek help
- YEAR 5** Explore first aid responses in a range of situations
- YEAR 6** Evaluate situations and confidently share first aid knowledge

These themes are taught through three key EYFS areas: PSED, Physical Development, and Understanding the World.

We are now going to share an example video. This is from a Year 2 computer safety lesson.



BENEFITS OF A COLLABORATIVE APPROACH

When parents, carers, and schools work together, children benefit from a well-rounded understanding that blends what they learn in the classroom with the everyday conversations and guidance they receive at home.

By working closely together, we can reinforce important messages about relationships, respect, consent, and growing up. Hearing the same ideas from both school and home helps children feel more confident and secure in their understanding.

When these messages are consistent and come from trusted adults, children are more likely to take them on board and use them in a positive, healthy way. Together, we can make sure they have the support and guidance they need as they learn and grow.





Working together means we can respect and value the different beliefs, cultures, and family backgrounds within our community. It also creates space for open, honest communication, where you can share any questions, preferences, or concerns. In turn, schools can take these into account while still making sure children receive the important learning they need.

We understand that some parents and carers may find it difficult to talk about topics like relationships, puberty, and sex. We are here to support you with this, helping to make these conversations easier and more comfortable, and to strengthen communication between you and your child.



By working together in this way, we can give our children the confidence, knowledge, and support they need, helping to empower them to grow into thoughtful, respectful individuals ready for the world of tomorrow.

PARENT/CARER ZONE



<https://www.1decision.co.uk/resources/parent-carer-zone>

Here you will find:

- Video clips
- Knowledge organisers
- Knowledge and skills progression
- Activities for home
- More information regarding RSHE





PUBERTY AND CONCEPTION

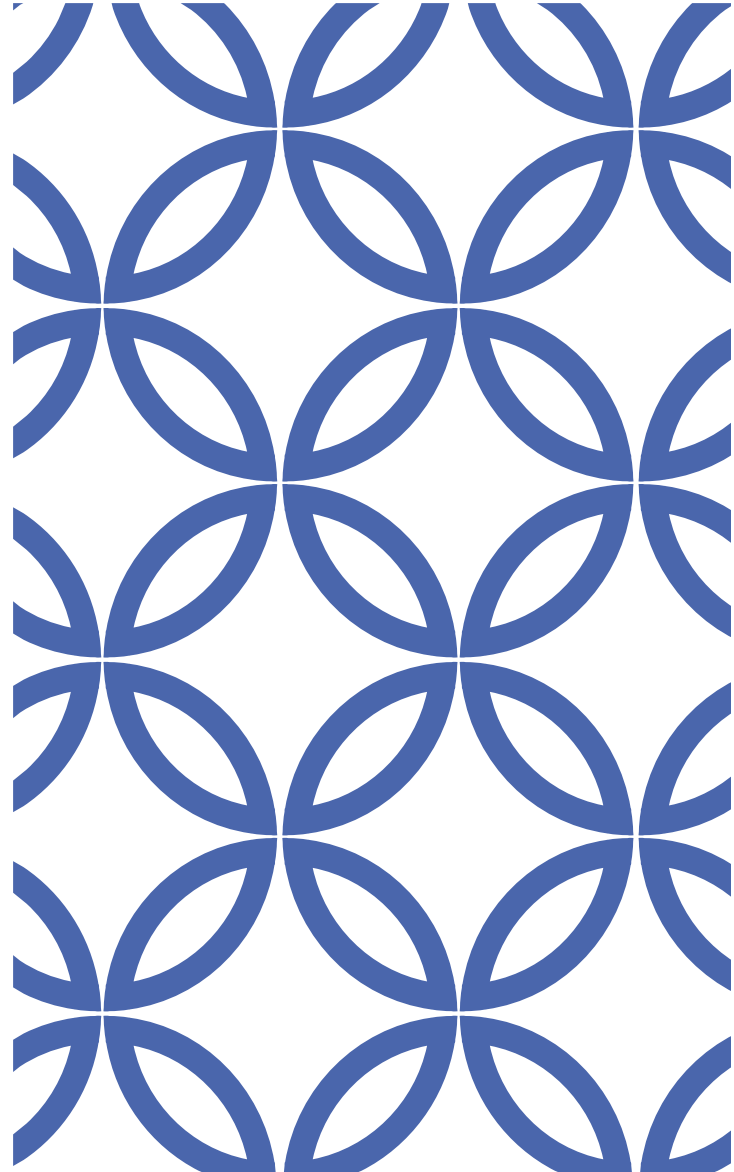
To help alleviate any fears around lesson content, we will be sharing the puberty and conception videos which form part of our resources.

Puberty – statutory.

Conception (Year 6) – Non-statutory.
You can choose to withdraw your child from this topic.

These videos are available on the parent zone page of the website for you to watch again.

Once you have watched both videos, you are invited to ask any questions.



ANY QUESTIONS?
