

PSHEe and RHE at RCFS

Substantive Knowledge

Content of the PSHEe National Curriculum and
statutory requirements of the Relationships and Health Education

Declarative Knowledge

Knowing the **what** (the facts of PSHEe and RHE)

Health and Wellbeing

e.g. Understanding the
importance of being
physically and mentally
healthy and learning
how to make healthy
choices.

Relationships

e.g. Developing positive
relationships,
respecting differences
and effectively using
online safety skills to
become competent
communicating in the
modern world

Living in the wider world

e.g. Citizenship and
community, becoming
financial literate and
exploring new job
opportunities and career
concepts

Procedural Knowledge

PSHEe and RHE

Knowing **how** we do PSHEe and RHE

e.g. **how** to actively listen, express their thoughts and feelings clearly, **how** to
make well-informed decisions through scenarios and videos, **how** to
appreciate diversity and show respect for people from different backgrounds,

Disciplinary Knowledge

How we know and revise what we know

Eg. Apply the fundamental principles and concepts learnt to stay healthy, get along with others,
and make good choices in life.

