

## Physical, Social & Personal Education

In the PYP, personal, social and physical education (PSPE) is concerned with the individual's well-being through the promotion and development of concepts, knowledge, attitudes and skills that contribute to this well-being. Well-being is intrinsically linked to all aspects of a student's experience at school and beyond. It encompasses physical, emotional, cognitive, spiritual and social health and development, and contributes to an understanding of self, to developing and maintaining relationships with others, and to participation in an active, healthy lifestyle.

PSPE is integral to teaching and learning in the PYP and is embodied in the IB learner profile that permeates the programme and represents the qualities of internationally minded students and effective lifelong learners.

PSPE Strands: At ERV we have identified four PSPE strands in developing what we want students to know understand and do:

- Social-Emotional Learning, Identity & Interactions
- Active Living
- Healthy Living
- Movement Competence: Skills, Concepts and Strategies

*\*PSPE is taught across all curriculum area*