

PSHE Year 2

Health and Wellbeing

Topics

Knowledge

Healthy Lifestyles:

Healthy choices;
different feelings;
managing feelings

To recognise what they like and dislike, how to make real, informed choices that improve their physical and emotional health

To learn about good and not so good feelings, a vocabulary to describe their feelings to others and simple strategies for managing

Growing and Changing:

Recognising what they are good at;
setting goals.

To think about themselves, to learn from their experiences, to recognise and celebrate their strengths and set simple but challenging goals

To know the names for the main parts of the body (including external genitalia) and the bodily similarities and differences between boys and girls

Keeping Safe:

Keeping safe in different situations; how to ask for help if they are worried about

To learn what is meant by 'privacy'; their right to keep things private; the importance

To learn rules for and ways of keeping physically and emotionally safe including responsible ICT use and online safety, road safety, cycle safety and safety in the environment, rail, water and fire safety

Co-operate

Consequences

Positive

Living in the wider world

Topics

Knowledge

Rights and Responsibilities:

Group and class rules; respecting their own and others' needs; groups and communities they belong to; people who work in the community; getting help in an emergency

To learn how they can contribute to the life of the classroom and school.

To understand that people and other living things have rights and that everyone has responsibilities to protect those rights

To learn that they belong to various groups and communities such as family and school 'them'

To learn about the 'special people' who work in their community and who are responsible for looking after them and protecting them

Environment:

Looking after the local environment

To learn about what improves and harms their local, natural and built environments

Money:

Where money comes from; saving and spending money; making choices; keeping track of money spent/saved

To learn that money comes from different sources and can be used for different purposes, including the concepts of spending and saving.

Relationships

Topics

Knowledge

Feeling and emotions

Behaviour; bodies and feelings can be

To learn that people's bodies and feelings can be hurt (including what makes them feel comfortable and uncomfortable)

Healthy Relationships

Listening to others and playing cooperatively; appropriate and inappropriate touch; teasing and bullying

To learn to listen to other people and play and work cooperatively (including strategies to resolve simple arguments through negotiation). To learn to offer constructive support

To judge what kind of physical contact is acceptable, comfortable, unacceptable and uncomfortable

To learn that there are different types of teasing and bullying, that these are wrong and unacceptable

Valuing Differences

Respecting similarities and

To identify and respect the differences and similarities between people

Before Making a Choice,

Ask Yourself...



Is it RESPECTFUL?

