



PHSE & RSHE: Year 2

What are the aims and intentions of this curriculum?

That children:

- Learn that families are composed of different people who offer each other care and support. Learning how other people show their feelings and how to respond to them. Looking at conventions of manners and developing an understanding of self-respect.
- Learn about the benefits of exercise and relaxation on physical health and wellbeing; strategies to manage different emotions, setting goals and developing a growth mindset and understanding dental hygiene
- Developing understanding of safety: roads, medicines and an introduction to online safety; distinguishing secrets from surprises; naming body parts and looking at the concept of privacy.
- Learn about rules outside school; caring for the school and local environment; exploring the roles people have within the local community; learning how school council works; giving an opinion.
- Learn about where money comes from, how to look after money and why we use banks and building societies.
- Are prepared for their transition to Year 3, and the changes that may come with this move.

Term	Topic	Knowledge & Skills	Vocabulary
Autumn	Families and relationships	<ul style="list-style-type: none"> • To know the rules in school. • To know that different pets have different needs. • Explore how loss and change can affect us • Understand ways to show respect for different families. • To understand the needs of younger children and that these change over time. • Understand that families offer love, care and support. • Understand difficulties in friendships and discussing action that can be taken. • Know how other people show their feelings and how to respond to them. • Explore the conventions of manners in different situations. • To know that voting is a fair way to make a decision. • To understand that people are all different. 	Friendship, Love, Manners, Feelings, Emotions, Family, Stereotype, Respect
Autumn/ Spring	Health and well-being	<ul style="list-style-type: none"> • To describe a range of feelings and develop simple strategies for managing them • To identify strategies to help overcome barriers or manage difficult emotions • Developing empathy. • To understand the benefits of physical activity • Explore some of the benefits of a healthy balanced diet. 	Feeling, Emotion, Different, Sport, Activity, Physical, Exercise, Health, Feeling, exercise, relax, relaxation, breathe, goal, skill, achieve, steps, Try, Fail,



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		<ul style="list-style-type: none"> • Suggesting how to improve an unbalanced meal. • To understand what it means to have a healthy diet • To understand ways of looking after our teeth • Explore the effect that food and drink can have on my teeth. • Explore some of the benefits of exercise on body and mind. • Learn to use breathing exercises to relax • To understand their strengths and set themselves achievable goals • Identifying personal goals and how to work towards them. • Learn the need for perseverance and developing a growth mindset. • Developing an understanding of self-respect. 	Frustrating, Challenge, Growth mindset, Immune system, Healthy diet, Balanced meal, Portion, Nutrients, Weight, Tooth decay, Tooth, Teeth, Sugary drink, Healthy, Brush
Spring/ Summer	Safety and the Changing Body	<ul style="list-style-type: none"> • To understand what the internet is and how it can help us. • To understand how to stay safe when using the internet. • To begin to understand the difference between secrets and surprises. • To begin to understand the concept of privacy and the correct vocabulary for body parts. • To understand safe and unsafe touches. • To understand the PANTS rule (NSPCC) • To understand ways to keep safe on and near roads. • Learning how to behave safely near the road and when crossing the road. • Exploring what people can do to feel better when they are ill. • To begin to understand how to stay safe with medicines. 	World Wide Web, streaming, website, internet, WiFi, internet, online, danger, safe, kind, unkind, bullying, excited, good, happy, surprise, secret, unhappy, worried, penis, vulva (sometimes called the vagina, but vulva is the correct terminology), arm, leg, hand, wrist, neck, head, knee, foot, ankle, elbow, surprise, safe touch, unsafe touch, PANTS rule, private, testicles, secret, Pedestrian, road, safe, walking, pavement, holding hands, car park, traffic, stop, look, listen, think, temperature, sneeze, doctor, nurse, pharmacist, prescription, medicine, drug
Summer	Citizenship	<ul style="list-style-type: none"> • To know some of the different places where rules apply. • To know that some rules are made to be followed by everyone and are known as 'laws'. • To know some of the jobs people do to look after the environment in school and the local community. • Identifying positives and negatives about the school environment. • Recognising the importance of looking after the school environment. • Identifying ways to help look after the school environment. 	Election, Environment, Identity, Job, Opinion, Rule, School council, Volunteer, Vote



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		<ul style="list-style-type: none">• Recognising the contribution people make to the local community.• To understand how democracy works in school through the school council.• To understand that everyone has similarities and differences.• Learning how to discuss issues of concern to me.	
		<ul style="list-style-type: none">• To know some of the ways in which adults get money.• Recognising that people make choices about how to spend money.• To know some of the features to look at when selecting a bank account.• To know the difference between a 'want' and 'need'.• Exploring the reasons why people choose certain jobs.	Coins, Need, Notes, Priority, Want, job
	Transition	<ul style="list-style-type: none">• Understanding that change can cause mixed feelings• Identifying people who can help us when we are worried about changes.	Change, feelings,