



Year 2 - PSHRE



Core 1: HEALTH AND WELLBEING	Core 2: RELATIONSHIPS	Core 3: LIVING IN THE WIDER WORLD
<p>H4. about why sleep is important and different ways to rest and relax</p> <p>H6. that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy</p> <p>H7. about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health</p> <p>H16. about ways of sharing feelings; a range of words to describe feelings</p> <p>H17. about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep)</p> <p>H18. different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good</p> <p>H19. to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it</p> <p>H20. about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better</p>	<p>R6. about how people make friends and what makes a good friendship</p> <p>R7. about how to recognise when they or someone else feels lonely and what to do</p> <p>R8. simple strategies to resolve arguments between friends positively</p> <p>R9. how to ask for help if a friendship is making them feel unhappy</p> <p>R24. how to listen to other people and play and work cooperatively</p>	<p>L2. how people and other living things have different needs; about the responsibilities of caring for them</p> <p>L4. about the different groups they belong to</p> <p>L5. about the different roles and responsibilities people have in their community</p> <p>L6. to recognise the ways they are the same as, and different to, other people</p>



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<p>H20. about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better</p> <p>H25. to name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles)</p> <p>H26. about growing and changing from young to old and how people's needs change</p> <p>H27. about preparing to move to a new class/year group</p>	<p>R11. about how people may feel if they experience hurtful behaviour or bullying</p> <p>R12. that hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult</p> <p>R14. that sometimes people may behave differently online, including by pretending to be someone they are not</p> <p>R18. about the importance of not keeping adults' secrets (only happy surprises that others will find out about eventually)</p> <p>R19. basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe</p> <p>R20. what to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard</p>	<p>L8. about the role of the internet in everyday life</p> <p>L9. that not all information seen online is true</p>
<p>H27. about preparing to move to a new class/year group</p> <p>H28. about rules and age restrictions that keep us safe</p> <p>H29. to recognise risk in simple everyday situations and what action to take to minimise harm</p> <p>H30. about how to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters)</p> <p>H31. that household products (including medicines) can be harmful if not used correctly</p> <p>H32. ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely</p> <p>H33. about the people whose job it is to help keep us safe</p> <p>H35. about what to do if there is an accident and someone is hurt</p> <p>H36. how to get help in an emergency (how to dial 999 and what to say</p>	<p>R23. to recognise the ways in which they are the same and different to others</p> <p>R24. how to listen to other people and play and work cooperatively</p> <p>R25. how to talk about and share their opinions on things that matter to them</p>	<p>L10. what money is; forms that money comes in; that money comes from different sources</p> <p>L11. that people make different choices about how to save and spend money</p> <p>L12. about the difference between needs and wants; that sometimes people may not always be able to have the things they want</p> <p>L13. that money needs to be looked after; different ways of doing this</p> <p>L15. that jobs help people to earn money to pay for things</p>



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Year 2 Topic Coverage

<u>Autumn: Core 2</u> RELATIONSHIPS			<u>Spring: Core 3</u> LIVING IN THE WIDER WORLD			<u>Summer: Core 1</u> HEALTH AND WELLBEING		
<u>Families and Friendships</u>	<u>Safe Relationships</u>	<u>Respecting Ourselves and others</u>	<u>Belonging to a Community</u>	<u>Media Literacy and Digital Resilience</u>	<u>Money and Work</u>	<u>Physical Health and Mental Wellbeing</u>	<u>Growing and Changing</u>	<u>Keeping Safe</u>
R6, R7 R8, R9, R24	R11, R12, R14, R18, R19, R20	R23, R24, R25	L2, L4, L5, L6	L8, L9	L10, L11, L12, L13, L15	H4, H6, H7, H16, H17, H18, H19, H20	H20, H25, H26, H27	H29, H30, H31, H32, H33, H35, H36, H27
<u>Vocabulary – Subject Specific</u>								
Engage with, Talk about, Listen to, Find out about, Explore, Ask questions, Recognise, Listen and respond, Ask and respond imaginatively to questions								
<u>Vocabulary - Topic Specific</u>								
Appreciation Behaviour Bullying Physical contact Preferences Bullying Feelings Boundaries Secrets Trust Respect			Fair Valuing Contributions Cooperation Choices Assumptions Similarities Differences Bullying Celebrating Success Stereotypes Gender Gender diversity Realistic Hope Fear			Medicine Medication Lifestyle Life cycles Young Old Aging Independence Relaxation Mindfulness Nutrition Diet		



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I will learn...

<p>how to be a good friend, e.g. kindness, listening, honesty</p> <p>that there are different ways that people meet and make friends</p> <p>that there are strategies for positive play with friends, e.g. joining in, including others, etc.</p> <p>that there are arguments between friends and what causes them</p> <p>how to positively resolve arguments between friends</p> <p>how to recognise, and ask for help,</p>	<p>how to recognise hurtful behaviour, including online</p> <p>what to do and whom to tell if I see or experience hurtful behaviour, including online</p> <p>that there are different types of bullying and what bullying is</p> <p>how someone may feel if they are being bullied</p> <p>that there are differences between happy surprises and secrets that make me feel uncomfortable or worried, and how to get help</p> <p>how to resist pressure to do something that</p>	<p>that I have things in common with their friends, classmates, and other people</p> <p>how friends can have both similarities and differences</p> <p>how to play and work cooperatively in different groups and situations</p> <p>how to share my ideas and listen to others, take part in discussions, and give reasons for my views</p>	<p>how to be a part of different groups, and the role I play in these groups e.g. class, teams, faith groups</p> <p>that I have different rights and responsibilities in school and the wider community</p> <p>that a community can help people from different groups to feel included</p> <p>that people are all equal, and ways in which I am the same and different to others in my community</p>	<p>how people can access the internet e.g. phones, tablets, computers</p> <p>how to recognise the purpose and value of the internet in everyday life</p> <p>how to recognise that some content on the internet is factual and some is for entertainment e.g. news, games, videos</p> <p>that information online might not always be true</p>	<p>that there is money and its different forms e.g. coins, notes, and ways of paying for things e.g. debit cards, electronic payments</p> <p>how money can be kept and looked after</p> <p>how people get, keep and spend money</p> <p>that people are paid money for the job they do</p> <p>how to recognise the difference between needs and wants</p> <p>how people make choices about spending money, including</p>	<p>how routines and habits help maintain good physical and mental health</p> <p>that sleep and rest are important for growing and keeping healthy</p> <p>that medicines, including vaccinations and immunisations, can help people stay healthy and manage allergies</p> <p>that routines for, brushing teeth and visiting the dentist are important</p> <p>that different food and drinks affect dental health</p> <p>how to describe and share a</p>	<p>how people grow from young to old (human life-cycle)</p> <p>how our needs and bodies change as we grow up</p> <p>that there are different parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles) and will identify and name these</p> <p>that as people grow up, changes take place, including new opportunities and responsibilities</p> <p>how to prepare to move to a new class and</p>	<p>how to recognise risk in everyday situations, e.g. road, water and rail safety, medicines</p> <p>how to help keep themselves safe in familiar and unfamiliar environments, such as in school, online and 'out and about'</p> <p>how to identify potential unsafe situations, who is responsible for keeping them safe in these situations, and steps I can take to avoid or remove themselves from danger</p> <p>how to help keep themselves safe at home in relation to electrical appliances, fire safety and medicines/household products</p> <p>that people can put things into their body</p>
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when I am feeling lonely or unhappy or to help someone else	feels uncomfortable or unsafe how to ask for help if I feel unsafe or worried and what vocabulary to use				thinking about needs and wants	range of feelings that there are ways to feel good, calm down or change their mood e.g. playing outside, listening to music, spending time with others how to manage big feelings including those associated with change, loss and bereavement how and when to ask for help, and how to help others, with their feelings	set goals for next year	or onto their skin (e.g. medicines and creams) and how these can affect how people feel how to respond if there is an accident and someone is hurt that there are people whose job it is to keep us safe and how to get help in an emergency, including how to dial 999 and what to say
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