

PSHE

Year 2 – Autumn

Relationships

In this unit of work, pupils learn...

- How to make friends with others.
- How to recognise when they feel lonely and what they could do about it.
- How people behave when they are being friendly and what makes a good friend.
- How to resolve arguments that can occur in friendships.
- How to ask for help if a friendship is making them unhappy.

PSHE

Year 2 – Autumn 2

Relationships

In this unit of work, pupils learn...

- How words and actions can affect how people feel.
- How to ask for and give/not give permission regarding physical contact and how to respond if physical contact makes them uncomfortable or unsafe.
- Why name-calling, hurtful teasing, bullying and deliberately excluding others is unacceptable.
- How to respond if this happens in different situations.
- How to report bullying or other hurtful behavior, including online, to a trusted adult and the importance of doing so.

PSHE

Year 2 – Spring 1

Living in the wider world

In this unit of work, pupils learn...

- How jobs help people earn money to pay for things they need and want.
- About a range of different jobs, including those done by people.
- They know or people who work in their community.
- How people have different strengths and interests that enable them to do different jobs.
- How people use the internet and digital devices in their jobs and everyday life.

PSHE

Year 2 – Spring 2

Living in the wider world

In this unit of work, pupils learn...

- How rules and restrictions help them to keep safe (e.g. basic road, fire, cycle, water safety; in relation to medicines/ household products and online)
- How to identify risky and potentially unsafe situations (in familiar and unfamiliar environments, including online) and take steps to avoid or remove themselves from them
- How to resist pressure to do something that makes them feel unsafe or uncomfortable, including keeping secrets
- How not everything they see online is true or trustworthy and that people can pretend to be someone they are not
- How to tell a trusted adult if they are worried for themselves or others, worried that something is unsafe or if they come across something that scares or concerns them

PSHE

Year 2 – Summer 1

Health and Wellbeing

In this unit of work, pupils learn...

- That different things help their bodies to be healthy, including food and drink, physical activity, sleep and rest.
- That eating and drinking too much sugar can affect their health, including dental health.
- How to be physically active and how much rest and sleep they should have every-day.
- That there are different ways to learn and play; how to know when to take a break from screen-time.
- How sunshine helps bodies to grow and how to keep safe and well in the sun.

PSHE

Year 2 – Summer 2

Health and Wellbeing

In this unit of work, pupils learn...

- How to recognise, name and describe a range of feelings.
- What helps them to feel good, or better if not feeling good.
- How different things / times / experiences can bring about different feelings for different people (including loss, change and bereavement or moving on to a new class/year group)
- How feelings can affect people in their bodies and their behaviour.
- Ways to manage big feelings and the importance of sharing their feelings with someone they trust.
- How to recognise when they might need help with feelings and how to ask for help when they need it.