

Y2 PSHE CURRICULUM

2	Autumn		Spring		Summer	
	Families and people who care for me	Caring Friendships	Online Relationships	Respectful Relationships	Being Safe	Mental Wellbeing
Key Questions	To understand the importance of family, especially for children as they grow up To begin to understand what is meant by 'belonging' and how quality time with our family can strengthen relationships	Learn simple strategies to resolve arguments between friends positively To recognise when they or someone else is feeling lonely and what to do	To understand that some people may behave differently online, including pretending to be someone they are not Understand what to do if they are worried about something they have seen or something that someone has done online	To understand how their behaviour can affect others To understand the concept of male and female and gender stereotypes	Know how to respond if physical contact makes them feel uncomfortable or unsafe. Understand what to do if they are worried for themselves or others, who to ask for help and the vocabulary to use when asking for help	How to talk about their emotions and build a varied vocabulary to use when talking about feelings and who you could talk to should you need to. Begin to learn about the importance of self-care and some simple techniques to achieve this i.e. spending time with family and friends, hobbies etc.
Vocabulary	achieve, caring, choices, conflict, consequences, cooperate, cooperation, disagreement,	family, friend, friendship, group, happy, healthy, help, important,	kind, listen, love, making up, need, positive, safe, share, skills, solve, sort, special, support, talk, team, thoughtful, time, trust, trusted adult	active listening, behaviour, bullying, carer, choices, community, compliment, conflict, consequences,	considerate, discussion, fair, family, friends, group, helpful, joking, kind, learner, listening, mindset,	needed, negative, polite, positive, safe, secure, special, support, team, teasing, thoughtful, unkind
Cross Curricular	<p>These objectives are taught through the whole curriculum/assemblies:</p> <p>Physical Health and Wellbeing – Begin to understand the importance of building regular exercise into the day/week. Begin to understand how an inactive lifestyle can affect humans. Understand who to go to if they feel worried about their health</p> <p>Internet Safety – Begin to understand that the internet can be a negative place which may affect your wellbeing. To know that some online games / content has an age limit and understand how to make safe viewing choices.</p> <p>Healthy Eating – To be able to describe why a balanced diet is important for humans. Begin to understand what will happen if you do not eat a balanced diet.</p> <p>Basic first Aid - Begin to understand some simple ways that you could care for someone who is hurt.</p> <p>Health and Prevention - Describe why personal hygiene is important. To learn the importance of vaccinations. To know that the sun can burn skin and cause harm.</p>			<p>Sex and Relationship Education</p> <p>Identify the differences between male and female. Introduce the concept of male and female and gender stereotypes. Explore some of the differences between males and females and to understand how this is part of the life cycle.</p>		
						