



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">• Understand that families offer love and support and that different families may be made up of different people.• Consider what friends may be thinking and feeling in different situations.• Recognise some issues that may occur in friendships and which of these may need adult help to resolve.• Understand that expectations of manners may change according to the situation.• Know that remembering people who were important to them but are no longer here can cause a mixture of emotions.• Explain what gender stereotypes are in relation to careers	Friendship, Love, Manners, Feelings, Emotions, Family, Stereotype, Respect



PSHE&RSHE Curriculum: Year 2

Autumn/ Spring	Health and well-being	<ul style="list-style-type: none"> • Describe how they would feel in a particular situation and understand that not everyone feels the same. • Understand the effect of physical activity on their body and mind. • Describe energetic physical activities that they enjoy. • Describe the positive effects of relaxation and know there are different ways to relax. • Recognise and describe what they are good at and what skills they would like to develop. • Understand how to take achievable steps which work towards a goal. • Explain what a growth mindset is. • Use strategies to stay calm during trick challenges. • Explain that a healthy diet is when we eat a balance of the right foods, describing some consequences that may arise from poor diet choices. • Understand what helps to keep teeth healthy. 	diet exercise goal growth mindset healthy physical activity relaxation skill strengths
Spring/ Summer	Safety and the Changing Body	<ul style="list-style-type: none"> • Understand how the internet can be used to help us. • Create a poster with clear information about how to remain safe online and what to do if something online makes them feel uncomfortable. • Understand what a secret is and what a surprise is. • Know the name of parts of the body, including those of the private parts for their gender. • Explain the PANTS rule. • Understand how to keep safe near roads. • Explain the rules for crossing the road. • Understand when we should take medicines that can help us feel better when we are unwell. 	medicine pedestrian private secret surprise penis testicles/testes vulva vagina
Summer	Citizenship	<ul style="list-style-type: none"> • Explain why the class and school rules are important. • Discuss the different needs of a range of pets. • Describe some of the needs of babies and young children. • Recognise some similarities and differences between themselves and others. • Identify some groups which they belong to. • Recognise that different individuals belong to different groups. 	Election Environment Identity Job Opinion Rule School council



PSHE&RSHE Curriculum: Year 2

		<ul style="list-style-type: none">• Explain why voting is a fair way to make a decision involving a lot of people.	Volunteer Vote
	Economic well-being	<ul style="list-style-type: none">• Explain some ways adults get money.• Discuss the role of bank account cards.• Recognise wants and needs.• Recognise the difference between a want and a need.• Identify their skills and talents.• Identify ways to develop their skills and talents.• Explain why treating people equally and inclusively is important.	bank account debit card diversity equality prioritise survive transaction wages
	Transition	<ul style="list-style-type: none">• To understand what change is and that it is part of life• To explain some positive of change• To explain some challenges which change brings• To know who can help us deal with change	Change, feelings,