



Year 2 PSHE Curriculum

	Autumn 1	Autumn 2
Curriculum focus/links	Safety First	Growing Up
Key vocab	<ul style="list-style-type: none"> • safe, unsafe, danger, rules, hurt, protect, help, trusted adult • safe, unsafe, danger, hazard, medicines, pills, tablets, liquids, chemicals, sharp, hot, poisonous, trip, fall, choke, burn, rules, hurt, protect, help, trusted adult • safe, unsafe, danger, hazard, emergency, help, protect, road, traffic, fire, water, rail, stranger • stranger, safe, unsafe, risk, danger, harm, unfamiliar, uniform, badge, e-Safety, online, internet, rules, trusted grown-up • secret, surprise, private, safe, unsafe, comfortable, uncomfortable, share, private, respect, privacy, body, underwear, pants, touch, pressure, permission, consent, help • safe, help, special, people, emergency services, support, rules, 999 	<ul style="list-style-type: none"> • male, female, private parts, genitals, penis, testicles, vulva, vagina, similarities, differences • respect, consent, trusted adult, safe, advice, no, stop, rules, touch, comfortable, uncomfortable, hurt, OK, bodies, feelings, scenario • male, female, gender, stereotype, likes, dislikes, same, similar, different, respect, unique. • Family, same, different, similarities, differences, special, unique, love, caring, traditions, special times, parents, grandparents, carers, siblings, children, home, school, teachers, trusted adult, worried, unhappy, sad, scared. • change, grow, needs, young, old, children, adults, childhood, adulthood, opportunities, learn, develop, responsibility, independence • New, different, feelings, emotions, difficult, unexpected, sudden, sad, happy, excited, nervous, worried, anxious, jealous, curious, excited, upset, unhappy, angry, frustrated, annoyed, cope.
Health and Wellbeing	<p><u>Healthy Lifestyles</u> How to keep safe in the sun and protect skin from damage.</p> <p><u>Keeping Safe</u> About rules and age restrictions that keep us safe. Recognise risk in simple everyday situations and what action to take to minimise harm. About how to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters). That household products (including medicines) can be harmful if not used correctly. 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. About the people whose job it is to help keep us safe. About what to do if there is an accident and someone is hurt. How to get help in an emergency (how to dial 999 and what to say).</p>	<p><u>Ourselves, Growing and Changing</u> To recognise the ways in which we are all unique. To name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles). About growing and changing from young to old and how people's needs change. About preparing to move to a new class/year group.</p>

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<p>Living in the Wider World</p>		
<p>Relationships</p>	<p><u>Safe Relationships</u> To recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private. That sometimes people may behave differently online, including by pretending to be someone they are not. How to respond safely to adults they don't know. About how to respond if physical contact makes them feel uncomfortable or unsafe. About knowing there are situations when they should ask for permission and also when their permission should be sought. About the importance of not keeping adults' secrets (only happy surprises that others will find out about eventually). Basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe. 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><u>Families and Close Positive Relationships</u> About different types of families including those that may be different to their own. To identify common features of family life. That it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried.</p> <p><u>Safe Relationships</u> To recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private. About how to respond if physical contact makes them feel uncomfortable or unsafe. Basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe. 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><u>Respecting Yourself and Others</u> To recognise the ways in which they are the same and different to others.</p>


Year 2 PSHE Curriculum

	Spring 1	Spring 2
Curriculum focus/links	Think Positive	One World
Key vocab	<ul style="list-style-type: none"> • positive, negative, good, bad, happy, sad, grumpy, complain, best, better, bright, feelings, emotions, attitude, thinking, thoughts, consequences, experiences • choice, decision, like, dislike, prefer, impact, affect, consequences, feelings, respond, good, bad, happy, healthy, safe • helpful, unhelpful, challenging, new, difficult, goal, achieve, achievement, thoughts, feelings, positive, negative, persevere, perseverance, quit, resilient, resilience • feelings, emotions, sad, cross, worried, angry, confused, frightened, nervous, anxious, anxiety, upset, embarrassed, lonely, bored, fed up, frustrated, shocked, grumpy, annoyed • thankful, grateful, gratitude, appreciation, positive, thoughts, thinking, happy, value, valued, fortunate • mind, mindful, mindfulness, focus, concentrate, present, past, future, aware, thoughts, feelings, calm, relaxed, rest, worries, fears, happy 	<ul style="list-style-type: none"> • family life, special people, love, care, similarity, difference, similar, different, trust, safe • home, similarity, difference, happy, safe, different, same • school, learn, important, similar, different, right • environment, people, affect, different, help, needs • resources, earth, problems, natural, harm, help • planet, earth, world, protect, help, harm, choice, environmental, problem
Health and Wellbeing	<p><u>Healthy Lifestyles</u> About what keeping healthy means; different ways to keep healthy.</p> <p><u>Mental Health</u> About different feelings that humans can experience. How to recognise and name different feelings. How feelings can affect people's bodies and how they behave. About things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep). 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. 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>	

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	<p><u>Ourselves, Growing and Changing</u> To identify what they are good at, what they like and dislike. How to manage when finding things difficult.</p>	
<p>Living in the Wider World</p>		<p><u>Shared Responsibilities</u> About what rules are, why they are needed, and why different rules are needed for different situations. How people and other living things have different needs; about the responsibilities of caring for them. About things they can do to help look after their environment.</p> <p><u>Communities</u> To recognise the ways they are the same as, and different to, other people.</p>
<p>Relationships</p>	<p><u>Friendships</u> About how to recognise when they or someone else feels lonely and what to do.</p> <p><u>Respecting Yourself and Others</u> About what is kind and unkind behaviour, and how this can affect others. How to talk about and share their opinions on things that matter to them.</p>	<p><u>Families and Close Positive Relationships</u> To identify the people who love and care for them and what they do to help them feel cared for. About different types of families including those that may be different to their own. To identify common features of family life.</p>

Year 2 PSHE Curriculum

	Summer 1	Summer 2
Curriculum focus/links	Digital Wellbeing	VIP's
Key vocab	<ul style="list-style-type: none"> • Internet, efficient, electronic, connected, network, communicate, research, device, efficient, access, helpful • Internet, electronic, screen, time, online, offline, sleep, mental wellbeing, activity, physical, fitness, healthy, hobbies, interests • Internet, electronic, screen time, online, mental wellbeing, activity, safety, risks, social media, gaming, trusted adult, download, messaging, apps • personal information, internet, online, private, name, surname, address, school, birthday, password • message, online, communicate, emoji, reaction, emotions, wellbeing, comfortable, good, uncomfortable, worried, upset, sad, happy, trusted adult, video call, social media, text message, picture message • fact, truth, lie, false, fake, news, pretend, information, joke, picture, change, edit 	<ul style="list-style-type: none"> • special, important, care, kind, help, trust, love, happy, safe • family, important, kind, care, need, help, special, safe, happy, healthy, trusted adult • friend, good, kind, caring, support, help, listen, share, thoughtful, happy • conflict, sort, solve, positive, choices, consequences, disagreement, making up, friendship, trust, help, talk, listen • cooperate, cooperation, team, group, skills, help, support, share, listen, achieve • care, kind, love, help, support, listen, time, special, people
Health and Wellbeing	<p style="text-align: center;"><u>Keeping Safe</u></p> <p>About rules and age restrictions that keep us safe. Basic rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling a trusted adult if they come across something that scares them.</p>	<p style="text-align: center;"><u>Mental Health</u></p> <p>How to recognise what others might be feeling. About ways of sharing feelings; a range of words to describe feelings.</p> <p style="text-align: center;"><u>Ourselves Growing and Changing</u></p> <p>To identify what they are good at, what they like and dislike.</p> <p style="text-align: center;"><u>Keeping Safe</u></p> <p>About the people whose job it is to help keep us safe.</p>
Living in the Wider World	<p style="text-align: center;"><u>Media Literacy and Digital Resilience</u></p> <p>About how the internet and digital devices can be used safely to find things out and to communicate with others. About the role of the internet in everyday life. That not all information seen online is true.</p>	

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Relationships

Managing Hurtful Behaviour and Bullying

That bodies and feelings can be hurt by words and actions; that people can say hurtful things online.
About how people may feel if they experience hurtful behaviour or bullying.
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.

Safe Relationships

That sometimes people may behave differently online, including by pretending to be someone they are not.
How to respond safely to adults they don't know.

Families and Close Positive Relationships

About the roles different people (e.g. acquaintances, friends and relatives) play in our lives.
To identify the people who love and care for them and what they do to help them feel cared for.
About different types of families including those that may be different to their own.
To identify common features of family life.
That it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried.

Friendships

About how people make friends and what makes a good friendship.
About how to recognise when they or someone else feels lonely and what to do
simple strategies to resolve arguments between friends positively.
How to ask for help if a friendship is making them feel unhappy.

Managing Hurtful Behaviour and Bullying

That bodies and feelings can be hurt by words and actions; that people can say hurtful things online.
About how people may feel if they experience hurtful behaviour or bullying.
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.

Safe Relationships

About how to respond if physical contact makes them feel uncomfortable or unsafe.

Respecting Yourself and Others

About what is kind and unkind behaviour, and how this can affect others.
How to listen to other people and play and work cooperatively.
How to talk about and share their opinions on things that matter to them.