

YEAR 2 – PSHE MEDIUM-TERM OVERVIEW



Relationships

Living in the wider world

Health and Wellbeing

Term and Topic	In this unit of work students learn...
Autumn – 4 Lessons September Families and friendships Making friends; feeling lonely and getting help	How to be a good friend, e.g. kindness, listening, honesty, about different ways that people meet and make friends, strategies for positive play with friends, e.g. joining in, including others, etc., about what causes arguments between friends, how to positively resolve arguments between friends, how to recognise, and ask for help, when they are feeling lonely or unhappy or to help someone else.
Autumn - 4 Lessons October Belonging to a community Belonging to a group; roles and responsibilities; being the same and different in the community	About being a part of different groups, and the role they play in these groups e.g. class, teams, faith groups, about different rights and responsibilities that they have in school and the wider community, about how a community can help people from different groups to feel included, to recognise that they are all equal, and ways in which they are the same and different to others in their community.
Autumn - 4 Lessons November Keeping safe Safety in different environments; risk and safety at home; emergencies	How to recognise risk in everyday situations, e.g. road, water and rail safety, medicines, how to help keep themselves safe in familiar and unfamiliar environments, such as in school, online and 'out and about', to identify potential unsafe situations, who is responsible for keeping them safe in these situations, and steps they can take to avoid or remove themselves from danger, how to help keep themselves safe at home in relation to electrical appliances, fire safety and medicines/household products, about things that people can put into their body 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, about 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.
Spring - 4 Lessons January Safe relationships Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	How to recognise hurtful behaviour, including online, what to do and whom to tell if they see or experience hurtful behaviour, including online, about what bullying is and different types of bullying, how someone may feel if they are being bullied, about the difference between happy surprises and secrets that make them feel uncomfortable or worried, and how to get help, how to resist pressure to do something that feels uncomfortable or unsafe, how to ask for help if they feel unsafe or worried and what vocabulary to use

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<p>Spring - 4 Lessons February Money and Work What money is; needs and wants; looking after money</p>	<p>About what money is and its different forms e.g. coins, notes, and ways of paying for things e.g. debit cards, electronic payments, how money can be kept and looked after, about getting, keeping and spending money, that people are paid money for the job they do, how to recognise the difference between needs and wants, how people make choices about spending money, including thinking about needs and wants.</p>
<p>Spring - 4 Lessons March Growing and changing Growing older; moving class or year</p>	<p>About the human life cycle and how people grow from young to old, about change as people grow up, including new opportunities and responsibilities, preparing to move to a new class and setting goals for next year.</p>
<p>Summer - 4 Lessons April Respecting ourselves and others Recognising things in common and differences; playing and working cooperatively; sharing opinions</p>	<p>About the things they have in common with their friends, classmates, and other people, how friends can have both similarities and differences, how to play and work cooperatively in different groups and situations, how to share their ideas and listen to others, take part in discussions and give reasons for their views.</p>
<p>Summer - 4 Lessons May Media literacy and Digital resilience The internet in everyday life; online content and information</p>	<p>The ways in which people can access the internet e.g. phones, tablets, computers, to recognise the purpose and value of the internet in everyday life, to recognise that some content on the internet is factual and some is for entertainment e.g. news, games, videos and that information online might not always be true.</p>
<p>Summer - 4 Lessons June/July Physical health and Mental wellbeing Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help</p>	<p>About routines and habits for maintaining good physical and mental health, why sleep and rest are important for growing and keeping healthy, that medicines, including vaccinations and immunisations, can help people stay healthy and manage allergies • the importance of, and routines for, brushing teeth and visiting the dentist, about food and drink that affect dental health, how to describe and share a range of feelings, 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, when and how to ask for help, and how to help others, with their feelings.</p>