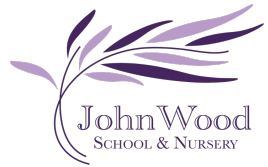




PSHE
Year 2
Me and My Relationships
Autumn 1



Key Vocabulary

feelings

teasing

bullied

care

repeated

bullying

friendship

help

rules

friendly

safe

Key Questions

Bullying and Teasing:

- ☐ What is bullying?
- ☐ What is teasing?
- ☐ Does bullying happen a lot?
- ☐ How can you help someone who is being bullied?
- ☐ What helps our classroom to be happy and friendly?
- ☐ Do classroom rules help to stop bullying? How?



Being a Good Friend:

- ☐ Who is a good friend and why?
- ☐ What makes a good friend?
- ☐ How are you a good friend?
- ☐ Could you be a better friend?
- ☐ How can you help others to be a good friend?

Feelings and Self-Regulation;

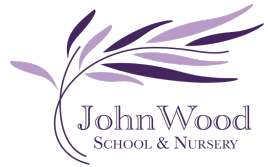
- ☐ Do we have the same feelings?
- ☐ Why do we have different feelings?
- ☐ How do we show our feelings?
- ☐ What are safe and healthy activities to get angry energy out?
- ☐ How can we help our feelings come out?

Learning Objectives. I can:

I can tell you some ways I can get help, if I am being bullied and what I can do if someone teases me.
I can suggest rules that will help to keep us happy and friendly and what will help me keep to these rules. I can also tell you about some classroom rules that we have made together.
I can give you lots of ideas about being what makes a good friend and also tell you how I try to be a good friend.
I can express my feelings in a safe, controlled way.



PSHE
Year 2
Valuing Difference
Autumn 2



Key Vocabulary

respect	feelings	different	safe
bully	fair	rules	special people
tease	similar	kind	

Key Questions

Being Kind and Helping Others:

- ☐ What can you do if you feel left out?
- ☐ How can you help someone who is being left out?
- ☐ Why do people leave others out?



Listening Skills:

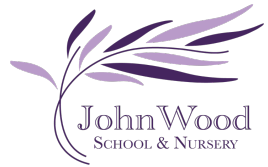
- ☐ What makes someone a good listener?
- ☐ How does being a good listener help you?
- ☐ How does being a good listener help other people?
- ☐ What is a different point of view?
- ☐ Can listening skills help with arguments?
- ☐ How can good listening skills help with arguments?
- ☐ Why is it important to listen to another person's point of view?

Learning Objectives. I can:

I can say how I could help myself if I was being left out.
I can give a few examples of good listening skills.
I can explain why listening skills help to understand a different point of view.



PSHE
Year 2
Keeping Safe
Spring 1



Key Vocabulary

medicines

feelings

unsafe

worried

secret

surprise

uncomfortable

healthy

private

touch

someone you trust

Key Questions

Safe and Unsafe Secrets:

- ☐ Are secrets safe?
- ☐ Do all secrets need to be kept secrets?



Appropriate Touch:

- ☐ Are all touches ok?
- ☐ If something feels wrong, what can someone do to stay safe?
- ☐ How can you help someone who has been asked to keep an unsafe secret?
- ☐ Who is a safe person to talk to?

Medicine Safety:

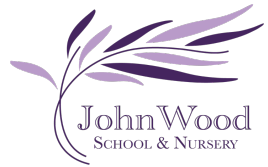
- ☐ Are medicines always helpful?
- ☐ What can people do to help themselves get better?
- ☐ Why can a medicine be harmful?
- ☐ How can someone stay safe with medicines?

Learning Objectives. I can:

- I can give some examples of safe and unsafe secrets.
- I can think of safe people who can help if something feels wrong.
- I can give other examples of touches that are ok or not ok.
- I can identify a safe person to tell if I felt 'not OK' about something.
- I can explain that medicines can be helpful or harmful.



PSHE
Year 2
Rights and Respect
Spring 2



Key Vocabulary

share

listen

calm

erupt

control

ask for help

unsettled

home

school

feelings

emotions

Key Questions

- Co-operation and Self-Regulation
- ☐ What can help you to feel calm and settled at home?
 - ☐ How does it help?
 - ☐ What can help you to feel calm and settled in the classroom?
 - ☐ How does it help?
 - ☐ Can you help other people to feel calm and settled in class?
 - ☐ How?
 - ☐ Why is it important to feel calm and settled?

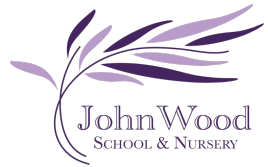


Learning Objectives. I can:

- I can give examples of when I've used some of these ideas to help me when I am not settled.
- I can describe and record strategies for getting on with others in the classroom.
- I can explain and be able to use strategies for dealing with impulsive behaviour.
- I can identify people in school who help keep us safe and know how to ask for help.
- I understand that people have a choice about what to do with their money.



PSHE
Year 2
Being My Best
Summer 1



Key Vocabulary

achieve	germs	injection	vaccination
large intestine	lungs	oxygen	healthy
energy	stomach	small intestine	teeth

Key Questions



Looking After My Body

- ☐ How do we get energy? What parts of the body turn food into energy?
- ☐ What do we need to do to stay healthy?
- ☐ Why do we need to keep doing certain things to stay healthy?

Growth Mindset

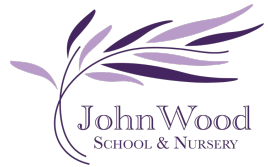
- ☐ What can you do if you find something difficult?
- ☐ Which goals have you set to help yourself?
- ☐ Does setting a goal help with your learning? How?

Learning Objectives. I can:

I can name different parts of my body that are *inside* me and help to turn food into energy. I know what I need to get energy.
I can explain how setting a goal or goals will help me to achieve what I want to be able to do.



PSHE
Year 2
Growing and Changing
Summer 2



Key Vocabulary

supportive	loss	change	food
feelings	growing	goodbye	upset
penis	vulva	safe	care

Key Questions

Life Cycles

- ☐ What helps us to grow?
- ☐ Who helps us to grow?
- ☐ What can you do by yourself now?
- ☐ What are you looking forward to when you are 10 years old?
- ☐ What are you looking forward to when you are 21 years old?



Dealing With Loss

- ☐ How does it feel to lose something?
- ☐ How does it feel to say goodbye to someone or something for a long time?
- ☐ Can we stay in touch with someone? How?

Being Supportive

- ☐ What positive things can we say to someone about something they have done?
- ☐ Why is it good to help someone?
- ☐ What is a good way to help someone if they are finding something difficult?

Learning Objectives. I can:

- I can tell you who helps us grow (people who look after us) and what things I can now do myself that I couldn't when I was younger.
- I can give examples of how it feels when you have to say goodbye to someone or something (e.g. move house).
- I can give examples of how to give feedback to someone.