

PSHE Curriculum Year Two



Year Two		
Relationships		
How can I be a good friend?	How can we keep ourselves safe?	How can we show respect?
Friend - a person you like and respect Argument - a disagreement Resolve - solve a problem Compromise - an agreement made by each side of an argument	secret - something not to be known by other people peer pressure - feeling like you need to do something because other people want you to	Respect - treating someone in a way that makes them feel cared for and important Similarities – what is the same Differences – what is not the same Co-operatively – helping each other achieve a common goal
<ul style="list-style-type: none"> A good friend shows kindness, honesty and listens We can play positively with friends e.g. joining in, including others, being kind When we are lonely or unhappy, we can ask a friend or trusted adult for help Arguments can be resolved by listening, talking and being understanding 	<ul style="list-style-type: none"> Bullying is being unkind to another person/group of people several times on purpose Bullying can be verbal, physical or online (cyber) If someone is bullied, they might feel sad and alone If someone is being unkind or hurting someone, I can tell a trusted adult to help them Sometimes secrets can make us happy (i.e. surprises) and sometimes they can make us feel uncomfortable or worried If I feel worried or uncomfortable, I can tell a trusted adult If I see hurtful behaviour in person or online, I can tell a trusted adult to help I can say no to doing something that feels uncomfortable or unsafe I can ask for help by saying that I feel upset, uncomfortable or unsafe 	<ul style="list-style-type: none"> Friends can have similarities and differences If you are cooperative, you get along with other people in the classroom and on the playground Sometimes it is hard to be cooperative when you disagree When someone is sharing ideas, everyone around should always listen If I want to speak in a discussion, I wait until the person has finished speaking and then speak
Living in the Wider World		
How can we keep our money safe?	How can we stay safe online?	What is our community like?
Bank – a business that lends and borrows money Budget – a plan for managing your money	Factual – information that is true Entertainment – information that isn't always true such as games, videos	Rights – having freedom to make a choice, be looked after and get an education Responsibilities – doing the things you are supposed to do and accepting the results of actions Equality – treating people the same and fairly Inclusion – making sure everyone is included and feels welcome to join in
<ul style="list-style-type: none"> Money is used to pay for things and can be coins or notes or from a bank card. Money is kept in the bank in a bank account to be looked after. A need is something you must have to survive such as food, water and a home. A want is something that is nice to have but you can survive without it. It is important to pay for what I need first before I think about my wants. 	<ul style="list-style-type: none"> Internet is used in everyday life to find out information, get directions, communicate or play games Some information on the internet is factual such as the news Some information on the internet is used for entertainment such as games and videos Not all information on the internet is always true 	<ul style="list-style-type: none"> A community is a group of people who live, work or share the same area We have rights in school and the community such as having a choice, having a voice and opinion on matters and being safe We have responsibilities in school and the community such as caring for people, animal and the environment around us and showing respect Communities can help people feel safe, learn new things and feel included We are all equal and have the same rights and responsibilities even if we are from different communities
Health and Wellbeing		
How can I keep safe in the community?	How can we keep healthy?	How am I changing?
Age restriction - a rule to tell us the age something can or cannot be done Hazard - something dangerous	Routines – an action that we do frequently Mental health - how we are feeling and our mood Physical health - how our body is working	Genitals - for boys this is their testicles and penis for girls this is their vagina and vulva Private - belonging only to you Responsibility - things we take charge of or look after Opportunity - exciting new things you have not done before Goals - an idea for the future
<ul style="list-style-type: none"> When crossing the road I stop, look, listen, think If I see something that makes me scared or worried I tell the adult responsible for me straight away I keep myself safe at home by not touching/ eating or drinking cleaning products I keep myself safe at home by only using some appliances when a grown up is there to supervise (toaster, kettle, oven, straighteners, iron) Some people need medicines in liquid, tablets or in cream Medicines can make you poorly if you do not need to take them 	<ul style="list-style-type: none"> Routines we can follow to look after our physical health are eating a healthy, balanced diet, keeping active and getting enough sleep Sleep is important for growing and keeping healthy because it helps our brains and bodies rest and recharge. To keep mentally healthy we need to sleep, be active, have fun, challenge ourselves, relax and speak to someone if we need help When we are feeling low we can ask for help from a trusted adult and friends Medicines and vaccinations can help us to stay healthy and manage allergies. It is important to brush our teeth and visit the dentist to keep our teeth and gums clean and healthy Food and drinks that contain lots of sugar can harm your teeth 	<ul style="list-style-type: none"> I can identify and name my main body parts: head, shoulder, arm, leg, stomach, hand, foot, finger, toe, eye, nose, mouth, ear I can identify and name the private parts of a female (vagina and vulva) I can identify and name the private parts of a male (penis and testicles) As we get older our responsibilities change- for example we might get asked to help more at home and look after an animal As we get older we have more opportunities- for example new clubs, play at a friends house without your grown up Some things in Year Two will be the same and some things will be different