

Year 2 PSHE Curriculum

September Focus Unit

<u>Unit</u>	<u>Resources</u>
<u>Unit 1</u> <u>Mental Health</u> H16. about ways of sharing feelings; a range of words to describe feelings	Kapow Y2 H/W lesson 1 PSHE Association Mental Health and Emotional Wellbeing lesson plans.
H17. about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep)	Kapow Y1 H/W lesson 4 Kapow Y2 H/W lesson 2
H18. 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	Kapow Y1 H/W lesson 4 Kapow Y2 H/W lesson 3
H19. to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it	
<u>Unit 2</u> <u>Friendships</u> R6. about how people make friends and what makes a good friendship	Kapow Y1 F/M lesson 2
R7. about how to recognise when they or someone else feels lonely and what to do	Kapow Y1 F/R lessons 3 & 6
R8. simple strategies to resolve arguments between friends positively	Kapow Y1 F/R lesson 5
R9. how to ask for help if a friendship is making them feel unhappy	Kapow Y2 F/R lesson 3
<u>Respecting Self and Others</u> R23. to recognise the ways in which they are the same and different to others	

R24. how to listen to other people and play and work cooperatively	
R25. how to talk about and share their opinions on things that matter to them	Kapow Y2 Citizenship lesson 7
<u>Managing Hurtful Behaviour and Bullying</u>	
R11. about how people may feel if they experience hurtful behaviour or bullying	
R12. 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	Kapow Y2 Safety lesson 2 (online bullying)
<u>Unit 3</u>	
<u>Media Literacy and Digital Resilience</u>	
L8. about the role of the internet in everyday life	Kapow Y2 safety lesson 2 (link to R12)
L9. that not all information seen online is true	
<u>Safe Relationships</u>	
R14. that sometimes people may behave differently online, including by pretending to be someone they are not	Kapow Y2 Safety lesson 3
H27. about preparing to move to a new class/year group (Moving up day)	Kapow Y2 Transition lesson

Year 2 Discrete Lessons

Health and Wellbeing (H) Healthy Lifestyles (Physical Wellbeing)	H4. about why sleep is important and different ways to rest and relax	Kapow Y1 H/W lesson 3 PSHE Association The Sleep Factor Lesson plans
	H6. that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy.	Kapow Y1 safety lesson 6 Kapow Y2 safety lesson 8

	KS2 H10. how medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed	
	H31. that household products (including medicines) can be harmful if not used correctly KS2 H40. about the importance of taking medicines correctly and using household products safely, (e.g. following instructions carefully)	PSHE Association Drug & Alcohol lessons
Healthy Lifestyles (Drugs, alcohol and tobacco)	H37. about things that people can put into their body or on their skin; how these can affect how people feel	
Healthy Lifestyles (Mental Wellbeing)	H20. about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better	Kapow Y2 F/R lesson 6
Healthy Lifestyles (Keeping Safe)	H29. to recognise risk in simple everyday situations and what action to take to minimise harm	Kapow Y1 Safety lesson 7
	H30. about how to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters)	
	H32. 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	
	H33. about the people whose job it is to help keep us safe	Kapow Y1 H/W lesson 8 Kapow Y1 Safety lesson 8
	H35. about what to do if there is an accident and someone is hurt	Kapow Y1 Safety lessons 4 and 7
	H36. how to get help in an emergency (how to dial 999 and what to say	

	KS2 H44. how to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say	
	KS2 H39. about hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do reduce risks and keep safe	
Living in the Wider World (L) Communities	L4. about the different groups they belong to	Kapow Y1 Citizenship lesson 5
	L5. about the different roles and responsibilities people have in their community	Kapow Y1 Safety lesson 1
	L6. to recognise the ways they are the same as, and different to, other people	
Living in the Wider World (L) Economic Wellbeing: Money	L10. what money is; forms that money comes in; that money comes from different sources	https://www.valuesmoneyandme.co.uk/ Kapow Y1 E/W lesson 1 Kapow Y2 E/W lesson 1
	L11. that people make different choices about how to save and spend money	Kapow Y1 E/W lesson 3 & 4
	L12. about the difference between needs and wants; that sometimes people may not always be able to have the things they want	Kapow Y2 E/W lesson 2 & 3
	L13. that money needs to be looked after; different ways of doing this	Kapow Y1 E/W lesson 2 Kapow Y2 E/W lesson 4

Living in the Wider World (L) Economic Wellbeing: Aspirations, work and career	L15. that jobs help people to earn money to pay for things	Kapow Y2 E/W lesson 5
Relationships (R) Safe Relationships	R18. about the importance of not keeping adults' secrets (only happy surprises that others will find out about eventually) R27.(KS2) about keeping something confidential or secret, when this should (e.g. a birthday surprise that others will find out about) or should not be agreed to, and when it is right to break a confidence or share a secret	Kapow Y2 Safety lesson 3
	R19. basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe	
	R20. 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	