



## Harehills Primary School Personal Social Health Education (PSHE) overview

Year 2		
Autumn 1	Spring 1	Summer 1
<b>MindMate: Feeling Good &amp; Being Me</b>	<b>MindMate: Life Changes</b>	<b>MindMate: Being the Same &amp; Being Different</b>
<p style="color: #e67e22; font-weight: bold;">Physical health and wellbeing: What keeps me healthy?</p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>about eating well</li> <li>about the importance of physical activity, sleep and rest</li> <li>about people who help us to stay healthy and well and about basic health and hygiene routines</li> </ul> <p style="text-align: center; color: #e67e22; font-weight: bold;">Online safety</p> <p>about how different people enjoy different things online and offline, and identify ways to keep themselves safe online</p>	<p style="color: #e67e22; font-weight: bold;">Inclusion, belonging &amp; addressing extremism (see lesson 1)</p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>About the ways in which they are the same and different to others and that there is a great deal they share in common</li> </ul>	<p style="color: #e67e22; font-weight: bold;">Careers, Financial capability and economic wellbeing: Saving, spending and budgeting</p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>about what influences people's choices about spending and saving money</li> <li>how people can keep track of their money</li> <li>about the world of work</li> </ul>
<b>Mindfulness</b>	<b>Mindfulness</b>	<b>Mindfulness</b>
Autumn 2	Spring 2	Summer 2
<b>MindMate: Friends &amp; Family</b>	<b>MindMate: Strong Emotions</b>	<b>MindMate: Solving Problems - Making it Better</b>
<p style="color: #e67e22; font-weight: bold;">Keeping safe and managing risk: Indoors and outdoors</p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>about keeping safe in the home, including fire safety</li> <li>about keeping safe outside about road safety</li> </ul>	<p style="color: #e67e22; font-weight: bold;">Drug, Alcohol and Tobacco Education: Medicines and me</p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>why medicines are taken</li> <li>where medicines come from</li> <li>about keeping themselves safe around medicines</li> </ul>	<p style="color: #e67e22; font-weight: bold;">Growing and Changing: Boys and girls, families</p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>to understand and respect the differences and similarities between people</li> <li>about the biological differences between male and female animals and their role in the life cycle</li> <li>the biological differences between male and female children</li> <li>about growing from young to old and that they are growing and changing</li> <li>that everybody needs to be cared for and ways in which they care for others</li> </ul>
<b>Mindfulness</b>	<b>Mindfulness</b>	<b>Mindfulness</b>

