PSHE – Me and My Relationships

Year 2

Key Vocabulary

pledge	promise
positive	Calm, kind, helpful response
negative	Aggressive, unkind or unhelpful response
friendly	Being kind, caring and making others feel comfortable
bullying	Repeatedly being unkind or hurting someone
repeatedly	Doing something again and again

Key Questions

1. **How can we have a happy classroom?**
2. **How do we show our feelings?**
3. **Who can I share my feelings with?**
4. **What is friendship?**
5. **What is bullying?**
6. **What happens to bullies?**

Challenge

Write some words about what a good friend does.

Prior Learning – sticky Knowledge I have.

Classroom rules help everyone to learn and be safe. If we listen carefully it can help us with our friendships. We can tell people how we feel and show how we feel using our face and body. We can talk to trusted adults about our feelings. We can have lots of different feelings and these feelings can affect our bodies. Our bodies might feel sweaty or turn red, we might feel sick or have tummy ache or need the bathroom. Good friends share, take turns, are kind, don't leave people out and play together nicely. Good friends say sorry and shake hands if they fall out.

What I will learn – new sticky knowledge.

1. We can all work together to make our classroom a happy, safe, caring, friendly place by following agreed rules.
2. We all show feelings in different ways. One happy person might be loud, another might find it hard to sit still, another might smile. There are different ways of reacting to people's feelings. Some are more helpful than others.
3. We have feelings all the time. Sometimes those feelings make us feel good and sometimes they don't. We can get help from a trusted adult when our feelings are not good.
4. Friendship is a special kind of relationship. Good friends share, take turns, are kind, don't leave people out and play together nicely. Good friends say sorry and shake hands if they fall out.
5. Bullying is repeatedly upsetting or hurting someone on purpose. Bullies might say hurtful things, hit or kick or leave people out. If you are bullied you should tell a trusted adult who can help.
6. Bullying is not acceptable and there are consequences for bullying at school. The school has a bullying policy and it is taken very seriously.

Bullying can mean many different things to different people. These actions can be described as bullying if they happen often and are done on purpose.

We are International Learners

PSHE – BEING MY BEST

Year 2

Key Vocabulary

challenge	Something new or difficult
choice	Picking to do or have something I would like
vaccination	Medicine to stop us from getting a disease
germs	Tiny living things that can cause illness
organs	Parts inside the body with important roles
safety	Protecting from harm

Key Questions

1. **Why is a positive mind set helpful?**
2. **What are my choices?**
3. **What are vaccinations?**
4. **How do I keep my teeth healthy?**
5. **What are internal organs?**
6. **How can I keep safe?**

Challenge

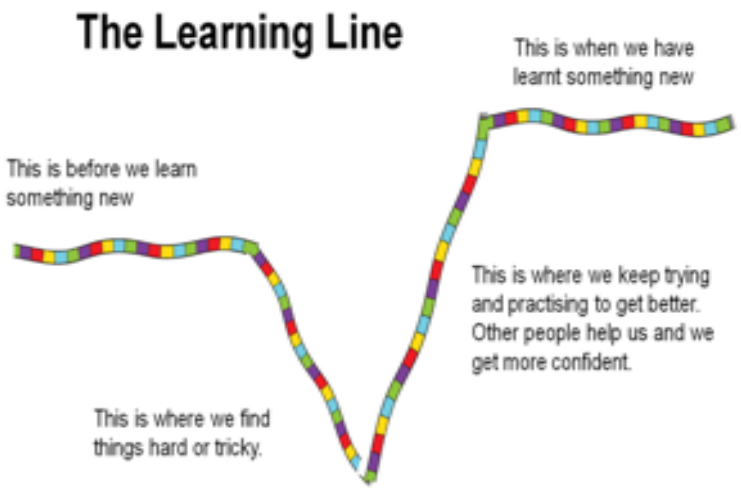
What can you do to help look after your body?

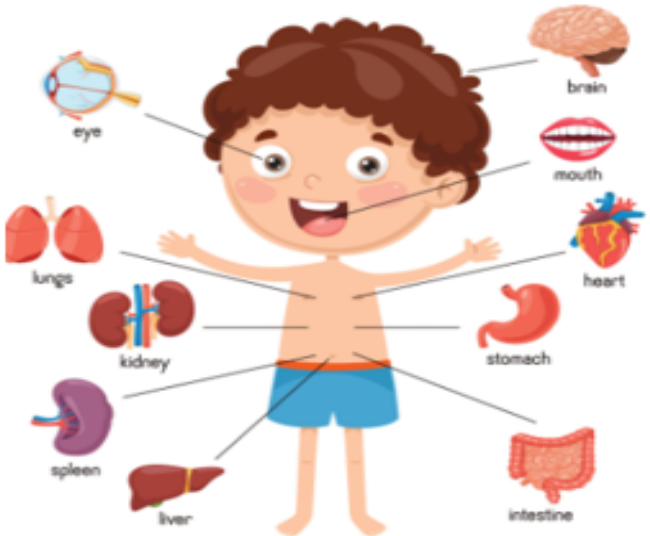
Prior Learning – sticky Knowledge I have.

Different foods do different jobs for the body. We need different types of food to keep our body as healthy. Starchy foods give us energy. Dairy foods keep our teeth and bones strong. Protein helps our muscles. We should eat at least five portions of fruit and veg each day. Daily washing is important to keep us healthy. Using a tissue and washing our hands can help to stop germs spreading. 5. Learning new skills takes practise. If we keep trying we can do it. Some new skills are easy and some are hard. We feel proud when we learn a new skill.

What I will learn – new sticky knowledge.

1. Learning new things can be challenging but if we keep going and don't give up we can achieve them. Having a positive mind set can help us to learn.
2. We have choices to make every day. We can choose to have things we like and not have things we dislike. Some choices are healthy and unhealthy and can affect our health.
3. We have vaccinations to stop us from getting ill. Keeping our hands clean is important to prevent us from becoming ill as this stops germs from spreading.
4. We should brush our teeth twice a day and visit the dentist every year to keep our teeth healthy. We should brush our teeth for at least 2 minutes with toothpaste.
5. The brain controls our body. The lungs take in oxygen. The stomach digests our food. These are internal organs.
6. We can avoid accidents by looking for potential dangers. We can make environments safer.





We are Aspirational Leaders

PSHE – VALUING DIFFERENCES

Year 2

Key Vocabulary

Unique	Different to others
Calm	Feeling peaceful and in control
Point of view	How different people see events
argument	Disagreeing with someone without being calm
Special people	People who we trust to keep us safe and happy

Key Questions

1. What makes us who we are?
2. Who are my special people?
3. How do we make others feel?
4. How can we help people who feel left out?
5. What are acts of kindness?
6. Who makes up my family?

Challenge

What idea could you take to our school council to ensure children do not feel left out at playtimes?

Prior Learning – sticky Knowledge I have.

1. There are similarities and differences between people. Our differences should be respected.
2. Bullying is quite rare. There is a difference between bullying, unkindness and teasing.
3. We have school rules to keep everyone happy and safe.
4. Words and actions can be fair or unfair, kind or unkind.
5. We all have special people with qualities that we feel are important, such as kindness.
6. Showing respect means caring for how a person feels and everyone has the right to feel respected.

What I will learn – new sticky knowledge.

1. Everyone is unique with their own physical features such as dark hair, hobbies, likes and dislikes and beliefs. Although we are unique we have things in common with other people and should respect everyone.
2. Special people include family, friends and people we spend time with in places like school, places of worship or other clubs. We feel safe and happy with our special people.
3. Our behaviour can affect others in a positive and negative way. We can react in a calm way when someone upsets us which can lead to a good outcome for everyone.
4. It feels good to be part of a group. We should include everyone as being left out hurts people and leaves them feeling lonely and upset.
5. An act of kindness is being kind to others. We can you kind words or actions. Being kind makes us and others feel good.
6. Our families are our special people and all families are different. Some people have siblings, others don't. Some children have step parents. Some children live with grandparents. Families are important and offer love and support.

We are literacy champions

PSHE – KEEPING SAFE

Year 2

Key Vocabulary	
dose	Right amount of medicine to take
uncomfortable	Not feeling right
Body language	Using our body to communicate
secret	Not sharing with others
permission	Agreeing it is ok.

Key Questions

1. What can I do to feel better when I am ill?
2. What should I do if I feel unsafe?
3. What should I say to stay safe?
4. What touches do I like and dislike?
5. Who should I tell?
6. What are safe and unsafe secrets?

Challenge

Think of a secret you should keep and one that you should talk to a trusted adult about.

Prior Learning – sticky Knowledge I have.

Sleep is important and an important part of a healthy life style. Feeling hot, sick, sweaty are clues that we feel unsafe and we should tell a trusted adult or friend. Private parts are private. Touches can be appropriate and inappropriate. Not everything on the internet is true. Medicines can sometimes help people feel better when they are ill. It is upsetting to lose something.

What I will learn – new sticky knowledge.

1. Rest, quiet, sleep, water and medicine can help us feel better when we are ill. Medicines should be given by an adult to ensure the correct dose.
2. There are many people whose job it is to keep us safe. Unsafe places or activities can be made safer.
3. It is important to know when to say yes, no or I'll tell to stay safe in different situations.
4. Touches can comfort us or make us feel uncomfortable. We should tell people we do not like it if a touch makes us feel uncomfortable.
5. If touches hurt or are upsetting and do not stop I should tell a trusted adult such as a relative or teacher.
6. Some secrets are unsafe and should be shared with a trusted adult. Unsafe secrets make us feel worried or uncomfortable.

We are aspirational leaders

PSHE – RIGHTS AND RESPECT

Year 2

Key Vocabulary

temper	Showing anger by shouting, hitting or breaking things
emergency	Situation requiring help from
online	Using the internet
stranger	Anyone that you and your family do not know well
saving	Not spending money to collect more
improve	To make or become better

Key Questions

1. **How do we get along with others?**
2. **What happens when I am angry?**
3. **How do I make an emergency call?**
4. **Is it safe to talk to people online?**
5. **Should I spend or save?**
6. **How can we care for the environment?**

Challenge

How can I calm down when I am upset or angry?

Prior Learning – sticky Knowledge I have.

My behaviour can make other people feel happy or sad. The environment means everything in the world around us which can affect our lives. Everybody has a duty to look after the school environment. We should take special care of other people's things if using them. 4. Money can come from a range of sources, like gifts, pocket money, jobs and pensions. It is important to keep money safe. Money can be kept safe in a purse or wallet, money box, safe or bank.
In an emergency we can dial 999 to ask for the police, a fire engine or an ambulance.

What I will learn – new sticky knowledge.

1. To get along with others we should listen, share, return things we have borrowed, help others with their work and invite people to join in.
2. When we feel angry we can feel like words or actions are going to erupt from our mouths, hands, or feet but we have a choice whether to do this and can take control.
3. Being safe can also mean not being at risk of being hurt or lost. 999 is the number called if there is an emergency. When someone answers the 999 call, the caller tells them who they need, or what has happened. The person on the phone will then work out who is the best person (or service) to help).
4. When using the internet one of the risks is people we do not know. Sometimes these people might seem to be very kind, friendly and helpful, but they might be trying to trick us.
5. We have choices about how we spend our money. There will be times when we spend all that we have and other times when we save up for something bigger
6. The *environment means everything in the world around us, both natural and made or built*. We can help to improve the environment and should be respectful in order to look after it.

We are Literacy Champions

PSHE – GROWING AND CHANGING

Year 2

Key Vocabulary

supportive	Helping others to reach a goal respectfully
independent	Doing more things for ourselves
privacy	a place or situation which allows you to do things without other people seeing or disturbing you
consent	Giving permission
penis	Male private parts
vulva	Female private parts

Key Questions

1. **What is a healthy friendship?**
2. **How can we keep in touch?**
3. **How have I changed?**
4. **What is private?**
5. **Secret or surprise?**
6. **What will Year 3 be like?**

Challenge

Can you think of ways of staying in touch with someone if they move away?

Prior Learning – sticky Knowledge I have.

To stay healthy: have a good night's sleep; eat healthy meals and snacks; exercise every day; wash. To meet the basic needs of a baby a carer has to feed, change, wash, dress and cuddle them. Babies can be hard work because they need a lot of attention. Bullying is where someone is repeatedly unkind or hurtful to someone. If you are being bullied or see someone being bullied you should always tell a trusted adult. 5. Sometimes grown-ups ask children to keep something a secret. If it is a nice secret, like a surprise that everyone will know about soon then that is ok. If the grown-up asks a children to keep a secret and never to tell anyone, then they should not keep the secret; they should definitely tell someone. The parts of my body covered by underpants and underwear are private.

What I will learn – new sticky knowledge.

1. Healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. Friends support and encourage each other.
2. Saying goodbye to somebody is a bit like losing something and can make us feel sad. If someone moves away there are different ways to keep in touch with them such as by letter, email, text, telephone or Face time.
3. Stages of growing include baby, toddler and child. A baby needs a parent to care for them. As we grow we can do more things for ourselves.
4. Private parts are a persons genitals; these are parts of your body that belong to you and only you can say whether someone can touch them or not. Private belongings are things that belong to you and that no one else can touch without your permission. Private information is personal to you and that you only want trusted adults and friends to know about.
5. Sometimes grown-ups ask children to keep something a secret. If it is a nice secret, like a surprise that everyone will know about soon then that is ok. If the grown-up asks a children to keep a secret and never to tell anyone, then they should not keep the secret; they should definitely tell someone.
6. Moving on up week – what to expect in Year 3 and meeting my new teacher.

We are International Learners