

Personal, Social, Health and Economic Education (PSHE) including Relationship and Sex Education (RSE) Yearly Overview

Year 2

<u>Autumn 1</u>	<u>Spring 1 & 2</u>	<u>Summer 1</u>
<p>Mental health and emotional wellbeing: Friendship</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● about the importance of special people in their lives ● about making friends and who can help with friendships ● about solving problems that might arise with friendships <p>KASE: Resilient, Empathetic, Reflective</p>	<p>Sex and relationship education: Boys and girls, families</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● to understand and respect the differences and similarities between people ● about the biological differences between male and female animals and their role in the life cycle ● the biological differences between male and female children ● about growing from young to old and that they are growing and changing ● that everybody needs to be cared for and ways in which they care for others ● about different types of family and how their home-life is special <p>KASE: Expert, Fluent, Empathetic</p>	<p>Keeping safe and managing risk: Indoors and outdoors</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● about keeping safe in the home, including fire safety ● about keeping safe outside ● about road safety <p>E-Safety: Understand the safe use of personal information online. Show awareness of age appropriate websites and apps.</p> <p>KASE: Responsible, Metacognitive</p>
<u>Autumn 2</u>		<u>Summer 2</u>
<p>Physical health and wellbeing: What keeps me healthy?</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● about eating well ● about the importance of physical activity, sleep and rest ● about people who help us to stay healthy and well and about basic health and hygiene routines <p>KASE: Self-aware, Expert, Self-regulating</p>		<p>Drug, alcohol and tobacco education: Medicines and me</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● why medicines are taken ● where medicines come from ● about keeping themselves safe around medicines <p>Asthma lesson for Year 2:</p> <ul style="list-style-type: none"> ● that medicines can be used to manage and treat medical conditions such as asthma & that it is important to follow instructions when using them. <p>KASE: Fluent, Communicative</p>
<p>Emotion Vocabulary: Joy, grateful, hopeful, gladness, nervous, frustration, irritation (and Reception & Year 1 words)</p>	<p>Linked stories: You're a rude pig Bertie! – Claudia Boldt Hello Happy! Happy, Sad and Feeling Glad – Yasmeen Ismail The Red Beast – K.I. Al-Ghani</p>	