

<u>Year 2 PSHE Overview</u>		
Autumn Term 1	Spring Term 1 & Spring Term 2	Summer Term 1
Theme: Physical health and wellbeing Focus: What keeps me healthy?	Theme: Relationship and Sex education Focus: Boys and girls, families	Theme: Mental health and emotional wellbeing Focus: Friendship
Children learn about: <ul style="list-style-type: none"> • Eating well. • The importance of physical activity, sleep and rest. • People who help us to stay healthy and well and about basic health and hygiene routines. 	Children learn about: <ul style="list-style-type: none"> • How to understand and respect the differences and similarities between people. • The biological differences between male and female animals and their role in the life cycle. • The biological different between male and female children. • Growing from young to old and that they are growing and changing. • Everybody needs to be cared for and ways in which they care for others. • Different types of family and how their home-life is special. 	Children learn about: <ul style="list-style-type: none"> • The importance of special people in their lives. • Making friends and who can help with friendships. • Solving problems that might arise with friendships.
Autumn Term 2		Summer Term 2
Theme: Keeping safe and managing risks Focus: Indoors and outdoors		Theme: Drug, alcohol and tobacco education Focus: Medicines and me
Children learn about: <ul style="list-style-type: none"> • Keeping safe in the home, including fire safety. • Keeping safe outside. • Road safety. 	Children learn about: <ul style="list-style-type: none"> • Why medicines are taken. • Where medicines come from. • Keeping themselves safe around medicines. Asthma lesson <ul style="list-style-type: none"> • Medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use. 	
<u>Year 2 Key Vocabulary:</u> Health, healthy, wellbeing, likes, dislikes, choice, achievements, strengths, weakness, goals, feelings, change, loss, hygiene, germs, medicines, safe, safety, privacy, respect, empathy, fair, unfair, right, wrong, opinion, cooperating, special, acceptable, unacceptable, contact, rights, responsibilities, environment, individual, unique, community, similarities, differences, similar, different, sex, gender, stereotypes, boy, girl, male, female, penis, vagina.		

Please note: The red flag symbol demarcates themes directly related to safeguarding pupils.

