

Year 2 PSHE Curriculum

Term 1 - Resilience

Lesson 1 - Y1 lesson gives children strategies when they face a challenge. Y2 lesson identifies what resilience looks like.
 Lesson 2 - Y1 lesson challenges children to say when they feel different emotions. Y2 lesson helps children identify events that trigger emotions.
 Lesson 3 - Y1 lesson introduces the Tornado Zone and provides two hops out of it. Y2 lesson illustrates that angry actions can hurt others.
 Lesson 4 - Y1 lesson explain how it feels good to have a go (The Arena). Y2 lesson defines the Arena and explains how pressing pause can help.
 Lesson 5 - Y1 lesson that failing is needed to learn something new. Y2 lesson points out what to do when you fail.
 Lesson 6 - Y1 lesson shows that mistakes are often the first step to learning. Y2 lesson shows children how to recognise a mistake.

End Point I know what resilience looks like	Careers Electrician (trades)
New Knowledge Content What will the pupils know at the end of this unit that they didn't know before? Skill development How they will show and apply their new knowledge	Vocabulary
1: Resilience I will know what resilience looks like - Resilience is the ability to be successful when things go wrong - When things can go wrong and related resilient actions - finding something hard - <i>ask for help, try again</i> - making a mistake - <i>listen carefully to mum</i> - unkind words - <i>take a deep breath, walk away from unkindness</i> - If someone is being unkind to you every day, you must tell a trusted adult - Think of a time when you have shown resilience	Being human: joy mistakes, unkindness, resilient
2: Emotions I will know when I feel different emotions - An emotion is what a person is feeling - Names of different emotions (<i>anger, joy, shy, excited, worried</i>) - Identify situations when you feel these emotions (<i>e.g. I feel angry when... my sister is rude to me</i>)	Being human: joy emotions, sad, happy, excited, angry, worried, favourite
3: Triggers and Tornado Zone I will know that angry actions can hurt others - How we can tell someone is in the tornado zone (<i>frown, red face, heavy breathing, shaking, clenched fists</i>) - When we are angry, it feels like your head is tornado - everything speeds up and it can feel hard to control what we do	Being human: disgust Tornado Zone, Pressure Zone, Chill Zone, angry, deep breath, press pause, situation

• A tornado does lots of damage • Angry actions can hurt others - violence or hurtful words: ◦ you will make someone feel sad ◦ your parents / carers will be disappointed ◦ you might injure someone • The steps out of the Tornado Zone are: press pause, take a deep breath and walk away and then deal with the situation when you are in the Chill Zone.	
<u>4: The Arena</u> I will know examples of getting in the Arena • The Arena is the place where you have the courage to have a go • Examples of getting in the Arena: ◦ putting your hand up ◦ trying something new ◦ performing in front of others • Getting in the Arena is challenging because we can feel anxious • We have to press pause and face the thought gremlins	<i>Being human: disgust</i> triggers, deep breath, press pause, anxiety, thought gremlins, courage
<u>5: Road to Success</u> I will know how to help myself when I fail • Failure is when you cannot do something that you are trying to do • When we fail, it is important to find ways to bounce back • Actions we take can help us to bounce back or stop us from bouncing back (<i>eg giving up, getting angry, saying that you can't do it, walking away</i>) • Ways to bounce back: ◦ ask for help ◦ take a deep breath ◦ talk to a friend ◦ practise	<i>Being human: courage</i> fail, bounce back, shame, practice
<u>6: Facing Mistakes</u> I will know how to recognise a mistake • A mistake is a wrong action • Examples of mistakes: ◦ unkind actions ◦ damaging something ◦ breaking a school rule • It can be hard to say sorry - this means admitting that you were wrong and being wrong feels bad • Saying sorry is a good thing	<i>Being human: courage</i> mistake, apologise, shame, regret
<u>End Point</u> • I know what resilience looks like <u>Assessment</u> • PHSE Journals and class discussions	

Term 2 - Relationships

Lesson 1 - Y1 lesson explains that there are lots of different families and all should be respected. Y2 lesson identifies the different types of families.

Lesson 2 - Y1 lesson explores relationships online and discusses personal questions. Y2 lesson underlines the questions that should not be answered online.

Lesson 3 - Y1 lesson states why bullying is wrong. Y2 lesson shows the different types of bullying.

Lesson 4 - Y1 lesson explains how you can be a good team member. Y2 lesson requires children to show collaboration skills to complete a range of group tasks.

Lesson 5 - Y1 lesson identifies why people should not be judged on what they look like. Y2 lesson elicits examples of stereotypes.

Lesson 6 - Y1 lesson shows the consequences of violence. Y2 lesson lists the different forms of violence.

End Point - I know how families can be different - I know that bullying is upsetting, repeated, deliberate, targeted and with a power imbalance	Careers Photographer (creative)
New Knowledge Content What will the pupils know at the end of this unit that they didn't know before? Skill development How they will show and apply their new knowledge	Vocabulary
1. Families and People Who Care I will know how families can be different - What is a family? Two or more people related by birth, marriage or adoption. - Why families are important - family members should make you feel safe - family members should look after you - family members should help you learn - family members should listen to you - How can families be different (mum and dad, mum and mum, dad, foster mum etc.)? - Tell a trusted adult or Childline if a family member is making your feel unsafe	<i>Being human: grateful</i> support, safe, foster parents, celebrate, step mum, adopted, Childline, unsafe
2. Online Relationships I will know the questions that I should not answer - What type of question should we not answer online? Personal questions - Personal questions include your name, address and name of school - Some questions can lead to personal questions - If someone asks you personal questions online then you need to tell a trusted adult	<i>Being human: grateful</i> internet, private, strangers online, personal, address, information
3. Bullying I will know what bullying behaviour looks like - Bullying is: - upsetting - repeated - deliberate (on purpose)	<i>Being human: frustrated</i> bullying, repetitive, physical, upsetting, deliberate (on purpose), harmful

- Unkind words, physical actions and leaving someone out are all examples of bullying - Decide if scenarios are bullying or not	
4. Collaboration I will know how to use collaboration to complete a group task - Collaboration is when people work together to complete a task: - talk with each other - listen - help each other - Children take part in the armband challenge and colouring race - Why was it challenging to show collaboration when completing these tasks?	<i>Being human: frustrated</i> collaboration, sharing, listening, positive
5. Stereotyping I will know examples of stereotypes - Roy and Laura are twins. Children need to guess who is better at what skill. E.g. _____ likes pink or _____ likes football - A stereotype is a judgement about someone because of how they look - stereotypes for girls (<i>e.g. all girls: like pink, like dancing, like to dress up, like babies, cry a lot</i>) - stereotypes for boys (<i>e.g. all boys: play football, are smelly, are strong, are naughty, like blue</i>) - stereotypes for teachers (<i>e.g. all teachers: are strict, are bossy, know the answer</i>) - Stereotyping is a bad thing because you are judging someone before you know them - Stereotyping is a bad thing because it can stop people doing what they love to do	<i>Being human: tranquil</i> stereotyping, judgement, twins, choir
6. Violence I will know the different forms of violence - Violence is an action that hurts or damages someone or something (<i>e.g. pinching, pushing, kicking/tripping, throwing objects</i>) - Violence is a bad thing because it causes injuries, leads to consequences and impacts relationships and well-being - Causes of violence: - not getting what you want - unkindness - an accident - jealousy	<i>Being human: tranquil</i> violent, pushing, throwing, objects, pinching, kicking
End Point I know how families can be different I know that bullying is upsetting, repeated, deliberate, targeted and with a power imbalance Assessment - PHSE Journals and class discussions	

Lesson 1 - Y1 lesson explains that it is important to talk to someone if you are frustrated/worried. Y2 lesson lists the different ways to express emotion.

Lesson 2 - Y1 lesson discusses thoughts that are helpful. Y2 lesson identifies how to spot a thought gremlin.

Lesson 3 - Y1 lesson shows how values can help make good decisions. Y2 lesson explains what a value is.

Lesson 4 - Y1 lesson identifies why school is important. Y2 lesson encourages children to think about what they are thankful for.

Lesson 5 - Y1 lesson underlines the point that everyone faces challenges. Y2 lesson asks children to focus on life's challenges.

Lesson 6 - Y1 lesson emphasises why we should be kind. Y2 lesson pinpoints actions that make up the Circle of Kindness.

End Point I know how to spot my thought gremlins and express how I am feeling	Careers Dog trainer (animal care)
New Knowledge Content What will the pupils know at the end of this unit that they didn't know before? Skill development How they will show and apply their new knowledge	Vocabulary
1. Expressing Yourself I will know the different ways to express myself - We face challenges every day - Challenges include unkind words, finding something hard and making a mistake - Our bubbles of worry grow if we do not express ourselves - Talking, creating, writing and moving your body are all ways to express yourself - Which is your favourite way to express yourself?	<i>Being human: anxious</i> sad, nervous, express, challenges, emotions favourite
2. Thought gremlins (worrying thoughts) I will know how to spot a thought gremlin - Definition of a thought gremlin - Know a range of thought gremlins that might occur - Why thought gremlins are harmful	<i>Being human: anxious</i> thoughts, gremlins, scary,
3. Values I will know what a value is - What a value is - Identifying a range of values of images - Acting out different values - Which are the most important values?	<i>Being human: jubilant</i> independent, reliable, determined, generous respectful, kind, brave, confident, resilient patient
4. Gratitude I will know what I am thankful for in my life - What gratitude is - thankful for what we have - What you are grateful for in your life? - Identify what Percy is thankful for from the images - How can someone be thankful for their mistakes? - Explain why it is important to be thankful	<i>Being human: jubilant</i> gratitude, thankful, positive, relationships, negative,
5. Challenges	<i>Being human: peaceful</i>

I will know that life has highs and challenges • What a challenge is • Explain why life is like a roller coaster • A challenge is something tricky that happens to us • Write a list of challenges that we all face • Are challenges good or bad?	mistakes, changes, challenges, roller coaster, ups and downs
6. Circle of Kindness I will know actions that make the Circle of Kindness • The Circle of Kindness helps us to feel safe and happy in school • Everyone is responsible for showing kindness • Examples of showing kindness ○ <i>Active listening</i> ○ <i>Sharing</i> ○ <i>Good manners</i> ■ 1. <i>Saying please and thank you</i> ■ 2. <i>Holding doors open</i> ■ 3. <i>Eating with your mouth closed</i>	<i>Being human: peaceful</i> Kindness, manners, community, responsible, active listening,
End Point • I know how to spot my thought gremlins and express how I am feeling Assessment • PHSE Journals and class discussions	

Term 4 - Health Education

Lesson 1 - Y1 lesson highlights what happens if you do not get enough sleep. Y2 lesson describes how sleep influences behaviour and attitudes.

Lesson 2 - Y1 lesson lists the foods that the body needs. Y2 lesson lists the different foods we need.

Lesson 3 - Y1 lesson highlights how exercise is good for the heart. Y2 lesson focuses on three different types of exercise (strength, stretching and running).

Lesson 4 - Y1 lesson shows what is harmful in the house. Y2 lesson explains what is ok to put on your skin (lipstick, sun cream etc.).

Lesson 5 - Y1 lesson explains that there are some scary videos on the internet. Y2 lesson identifies why the internet can be harmful.

Lesson 6 - Y1 lesson highlights that you should phone 999 if there is an emergency. Y2 lesson underlines some of the risks found in everyday life.

End Point • I know the importance of a healthy lifestyle, (including sleep, healthy eating and exercise) • I know how to stay safe on the internet	Careers • Meteorologist (environment)
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New Knowledge Content What will the pupils know at the end of this unit that they didn't know before? Skill development How they will show and apply their new knowledge	Vocabulary	
1: Sleep I will know the importance of sleep - There are 24 hours in a day - Who much sleep you need in a day and why - How sleep influences behaviour and attitudes - What happens if I don't have enough sleep - quicker to trigger, weaker immune system, tricky to focus - What stops you getting 9-11 hours of sleep? Televisions, siblings and iPads	<i>Being human: invigorated</i> sleep, tiredness, fresh, behaviour, attitudes, affects, influences	
2. Healthy Eating I will know how to recognise different foods - The different food groups - Influence of taste, texture, energy value on what we choose to eat - The impact of eating too much fat - Fat is ok in appropriate healthy amounts - Fruit provides vitamins, minerals and fibre which help your body stay healthy. - The four ways that fruits and vegetables keep us healthy: - Fruits and vegetables help you to digest your food. Fats are much harder to digest and can lead to stomach aches. - Fruits and vegetables keep you healthy and help your body fight sickness. - Fruits and vegetables help to keep you at a healthy weight. - Fruits and vegetables can help protect your skin. - What counts as 5 a day?	<i>Being human: invigorated</i> fats, fruit, healthy, energy value, impact, 5 a day, digestion, weight, dairy, protein, vitamins and minerals	
3. Exercise I will know the different types of exercise - The different types of exercise - stretching, strength and running - Participate in a year 2 workout that includes stretching, strength and running - Exercise is good for us because it keeps our muscles strong, keeps us fit and makes us feel good	<i>Being human: thrilled</i> health, healthy, chemicals, sleep, exercise, muscles	
4: Harmful Habits I will know what I should put on my skin - People put sun cream, lip balm and water on their skin - What are the reasons that people put these things on their skin? - We burn our skin if we do not put sun cream on properly - We also put face-paint, make-up and henna on our skin	<i>Being human: thrilled</i> sun cream, henna, make-up, habit	
5: Internet Safety I will know about the internet - The internet is good for talking to family, learning, playing games and finding out information - The problems with the internet are that not all of the information is true, there are strangers who might contact you and there can be cyber-bullying	<i>Being human: panic</i> internet, danger, images, inappropriate, protection, safety	

How I can protect myself from the dangers of the internet?		
6: Keeping Safe I will know the risks in life - A risk is when there is a chance that something bad will happen - Risks include a messy classroom, candles, matches, bleach, plug sockets and busy places - If there is an emergency then you should dial 999	<i>Being human: panic</i> risk, matches, busy, untidy, unsafe, electricity, hazard, emergency	
End Point - I know the importance of a healthy lifestyle, (including sleep, healthy eating and exercise) - I know how to stay safe on the internet		
Assessment PHSE Journals and class discussions		

Term 5 - Caring Friendships

Lesson 1 - Y1 lesson highlights the importance of friends. Y2 lesson lists what makes a good friend.
Lesson 2 - Y1 lesson lists why losing can be hard. Y2 lesson defines and explores how we can show empathy.
Lesson 3 - Y1 lesson explains why you should tell a trusted adult about unkindness. Y2 lesson focuses on when to report on someone.
Lesson 4 - Y1 lesson shows that trust is lost if you lie. Y2 lesson explains why lying is harmful.
Lesson 5 - Y1 lesson explains the importance of standing up to peer pressure. Y2 lesson shows why peer pressure can be harmful.
Lesson 6 - Y1 lesson highlights the need to tackle unfairness. Y2 lesson highlights how conflict can start.

End Point - I know when to tell an adult about something - I know how peer pressure can lead to bad decisions	Careers Optometrist (healthcare)	
New Knowledge Content What will the pupils know at the end of this unit that they didn't know before? Skill development How they will show and apply their new knowledge	Vocabulary	
1. Friendships I will know what makes a good friend - Friends are important because you support each other, learn from each other and spend time together. - Good friends listen, care and are positive about life. - What do you think is the most important friendship skill?	<i>Being human: jealous</i> friendship, sharing, empathy, caring, positive, support	

<u>2. Empathy</u> I will know how to show empathy ● Empathy is knowing how someone else is feeling. ● Children try to identify what characters are feeling based on their facial expression and body language. ● Empathy is important so that you can help friends if they are feeling sad.	<i>Being human: jealous</i> empathy, jealous, shocked, emotion, frustrated, angry
<u>3. Reporting</u> I will know when to tell a trusted adult about something ● Reporting an incident is important if someone has been hurt. ● Children are given scenarios about whether to tell the teacher or not. ● Trust will be lost if you tell the teacher about every small thing.	<i>Being human: disappointed</i> reporting, tell, situation, depends
<u>4. Honesty</u> I will know why lying is harmful ● A lie is when you say something that is not true. ● The boy who cried wolf is an example of someone lying. ● Lying is harmful because it gets you in trouble. ● Lying is harmful because it makes you feel guilty. ● Lying is harmful because people stop trusting you.	<i>Being human: disappointed</i> lying, lies, believe, trust
<u>5. Peer Pressure</u> I will know about the power of peer pressure ● Peer pressure is when children your age try to make you act in a certain way. ● Peer pressure can be harmful because it can push you to make bad decisions. ● Daring someone to throw a rubber and telling someone they need to leave the school choir are examples of peer pressure. ● Phrases like, “I dare you” and “Go on, do it” are examples of peer pressure.	<i>Being human: fitting in</i> peer pressure, dare, choir, impact, volunteer, harmful, scenes
<u>6. Conflict</u> I will know how conflict can start ● Conflict is a disagreement between people. ● Snatching, rudeness, winning, losing and leaving someone out can all lead to conflict. ● Breathing, listening and trying to avoid interruptions are a positive way to deal with conflict. ● If people stay calm then conflict can be a good thing.	<i>Being human: fitting in</i> conflict, cause, response, disagreement, conversations, Tornado Zone
<u>End Point</u> ● I know when to tell an adult about something ● I know how peer pressure can lead to bad decisions Assessment ● PHSE Journals and class discussions	

Term 6 - Living in the Wider World

Lesson 1 - Y1 lesson highlights that differences can be a good thing. Y2 lesson lists the difference between us.
 Lesson 2 - Y1 lesson lists what happens if you do not care for your community. Y2 lesson highlights how we can care for our communities.
 Lesson 3 - Y1 lesson explains how to limit time online. Y2 lesson highlights how not everything online is true.
 Lesson 4 - Y1 lesson shows the importance of saving money. Y2 lesson explains that money can be spent or saved.
 Lesson 5 - Y1 lesson explains why I should play fairly. Y2 lesson examines the feelings that are triggered when you win or lose.
 Lesson 6 - Y1 lesson stresses that change happens to everyone. Y2 lesson explores all of the different changes in life.

End Point - I know that money can be spent or saved - I know some of the changes that can happen to me and how this can lead to good things	Careers Project manager (business and finance)
New Knowledge Content What will the pupils know at the end of this unit that they didn't know before? Skill development How they will show and apply their new knowledge	Vocabulary
1. Tolerance I will know how we can be different - Diversity means differences. People can be diverse in many ways. - The diversity in our class - eye colour, hair, weight, religion, age, gender, family, height, skin colour, language. - Children investigate all of the ways that we are different.	Being human: compassion compassion, diversity, religion, gender, values, different, weight, language
2. Care for Community I will know how to care for the school community - A community is a group of people living or working together in the same area. - We can care for our class community by hanging up coats, tidying and supporting one another. - What would you say to someone who only worries about their own area and leaves messiness elsewhere? - If we do not care for our community then we will not have any resources to use, trip over jackets and be surrounded by unkindness.	Being human: compassion compassion, community, resources, kindness, responsibility, jackets, tidy
3. Wellbeing Online I will know that not everything online is true - We use the internet for lots of different things. - The internet can be used to collect information, find locations and communicate. - Not everything that is on the internet is true so we need to Press Pause and carefully consider what we see. - If we believe everything that we read/see then that could influence us to make bad choices.	Being human: shy Information, internet, locations, communicate, Press Pause, critically consider, influence
4. Money I will know that money can be spent or saved - Money is something used to buy things. - You can spend money on food, houses, holidays, cars etc. - You can spend money the moment you get it or you can save it so that you can buy expensive things.	Being human: shy disgust, money, coins, spend, notes, save, expensive, valuable

5. Winning and Losing I will know how to recognise my feelings when I win and lose • When someone wins, they can feel excited, happy and proud. • When someone loses, they can feel disappointed, angry and sad. • The reason is that winning makes us feel important while losing makes us feel as though we are not good enough. • A good loser shows resilience and tries to work out how they could do better next time. • A good winner shows humility. • Children compete in the Year 2 Dice Championships	<i>Being human: exhilarated</i> winning, emotions, total losing, championship, dice
6. Change I will know the different changes that can happen • Change is when something becomes different. • Change could include moving house, moving school, having a new family member, making new friends. • Change can be difficult at first but can lead to good things.	<i>Being human: exhilarated</i> change, thoughts, sibling, emotions, moving house
End Point • I know that money can be spent or saved • I know some of the changes that can happen to me and how this can lead to good things Assessment • PHSE Journals and class discussions	