



Year 2			
<b>Introductions</b>		<b>Setting ground rules for PSHE</b>	A stand-alone introductory lesson outlining RSE and PSHE as a subject and exploring how to create a successful learning environment for these lessons.
<b>Family and Relationships</b>	Lesson 1	<b>Families offer stability and love</b>	To begin to understand the role of family in their lives.
	Lesson 2	<b>Families are all different</b>	To begin to understand the range of families they may encounter now and in the future.
	Lesson 3	<b>Other peoples' feelings</b>	To recognise how others show feelings in different ways and how to respond.
	Lesson 4	<b>Unhappy Friendships</b>	To begin to understand that some friendships might make us feel unhappy and how to deal with this.
	Lesson 5	<b>Introduction to manners and courtesy</b>	To begin to understand the conventions of manners and courtesy.
	Lesson 6	<b>Change and Loss</b>	To begin to understand how loss and change can affect us.
	Lesson 7	<b>Gender stereotypes: Careers and jobs</b>	To develop an understanding of stereotypes and how these might affect job/career choices
<b>Health and Wellbeing</b>	Lesson 1	<b>Experiencing different emotions</b>	To describe a range of emotions and develop simple strategies for managing them.
	Lesson 2	<b>Being active</b>	To understand the benefits of physical activity
	Lesson 3	<b>Relaxation; Breathing exercises</b>	To use breathing exercises to relax.
	Lesson 4	<b>Steps to success</b>	To understand their strengths and set themselves achievable goals
	Lesson 5	<b>Developing a growth mindset</b>	To identify strategies to help overcome barriers or manage difficult emotions.



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	Lesson 6	<b>Healthy diet</b>	To understand what it means to have a healthy diet.
	Lesson 7	<b>Looking after our teeth</b>	To understand ways of looking after our teeth.
<b>Safety and the changing body</b>	Lesson 1	<b>Introduction to the internet</b>	To understand what the internet is and how it can help us.
	Lesson 2	<b>Communicating online</b>	To understand how to stay safe when using the internet.
	Lesson 3	<b>Secrets and surprises</b>	To begin to understand the difference between secrets and surprises.
	Lesson 4	<b>Appropriate contact: My private parts</b>	To begin to understand the concept of privacy and the correct vocabulary for body parts.
	Lesson 5	<b>Appropriate contact: My private parts are private</b>	To understand safe and unsafe touches
	Lesson 6	<b>Respecting personal boundaries</b>	To understand what personal boundaries are and how to show respect for the personal boundaries of others.
	Lesson 7	<b>Road safety</b>	To understand ways to keep safe on and near roads
	Lesson 8	<b>Crossing roads safely</b>	To understand ways to keep safe on and near roads
	Lesson 9	<b>Staying safe with medicine</b>	To begin to understand how to stay safe with medicines.
<b>Citizenship</b>	Lesson 1	<b>Rules beyond school</b>	To understand the importance of rules.
	Lesson 2	<b>Our school environment</b>	To understand ways to look after the school environment
	Lesson 3	<b>Our local environment</b>	To recognise the role people play in looking after the environment
	Lesson 4	<b>Job roles in our community</b>	To begin to understand the roles people have in the community.
	Lesson 5	<b>Similar yet different</b>	To recognise similarities and differences between people in the local community



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	Lesson 6	<b>School Council</b>	To begin to understand how democracy works in school
	Lesson 7	<b>Giving my opinion</b>	To understand ways to share an opinion.
<b>Economic Wellbeing</b>	Lesson 1	<b>Where does money come from?</b>	To explore the way people receive money.
	Lesson 2	<b>Exploring needs</b>	To identify basic needs essential for healthy growth.
	Lesson 3	<b>Exploring wants</b>	To consider how people decide what they want
	Lesson 4	<b>Bank cards and accounts</b>	To explore how bank accounts and cards can help with managing money
	Lesson 5	<b>My skills and talents</b>	To identify my skills and talents
	Lesson 6	<b>Everyone is welcome</b>	To describe how to make others feel included
<b>Transition lesson</b>			Helping Year 2 children with transition to a new year and the changes that will come with it.