**The PSHE Curriculum Autumn Term Year 2**

**Rights, Rules and Responsibilities**

* We discuss jobs and responsibilities children have at school and at home. Read An Evening at Alfie’s by Shirley Hughes
* We discuss how rules keep us safe and happy at school
* We look at what is meant by voting, voting for a favourite picture book and link to the process of voting for a school council member.
* We work on the skills of being able to share opinions, take turns speaking and listening actively to others in the class.

**Anti-Bullying**

* This unit is linked to anti-bullying week which is in November each year.
* We look at how sometimes friends fall out- Sorry by Norbert Landa and discuss the Peer Mediation process and different ways to resolve a falling out.
* We look at the difference between bullying and falling out with a friend
* Read the story Tyrannosaurus Drip by Julia Donaldson and discuss how and why he is treated unkindly link to how bullying may happen when people do not respect others who may seem different
* Name the trusted adults in my Safety Star who I can talk with if I am being bullied
* Develop some simple strategies for preventing bullying by being assertive That Rabbit Belongs to Emily Brown.

**My Emotions**

* We identify a range of different feelings and begin to see the links between feelings and actions. Read Augustus and his Smile by Catherine Rayner
* Read Silly Billy by Anthony Browne and draw out the difference between comfortable and uncomfortable emotions such as a worry.
* Discus the difference between impulsive behaviour and behaviour which has been thought through.
* Revise adults on Safety Star- people to go to when I need help
* We discuss personal gifts and talents
* We explore different ways to help us relax and to look after our mental health

**PSHE Curriculum Spring Term Year 2**

**Managing Safety and Risk**

* We look at different scenarios and decide whether the children in the pictures were safe or not. Identify a range of familiar situations which might entail risk e.g. crossing the road.
* We discuss the importance of knowing basic personal information- address and phone number and who we might need to give it to. How to contact the emergency services.
* We look at how signs can let people know about danger e.g beach flags
* We look at safety in the home, near water and road safety

**Digital Lifestyles**

* To discuss ways in which the internet can be useful
* To know how to balance screen time with other activities and to understand why this is important
* To know about basic rules to keep safe online, including what is meant by personal information and what should be kept private
* To discuss that sometimes people may behave differently online including by pretending to be someone they are not
* To know that not all information seen online is true
* To discuss how to report something that concerns them/review safety star network of trusted adults
* The importance of being kind online- link to anti-bullying work

**Working Together**

**Time permitting, we might look at:**

* What am I and other people good at?
* What new skills would I like to develop? How will I develop the necessary perseverance? The Magical Bicycle by Berlie Doherty, The Most Magnificent Thing by Ashley Spires
* Understand and practise some skills of a good communicator, including listening skills, turn taking and explaining
* To practise effective group work skills including discussion, negotiation, compromise and co-operation. The Enormous Turnip/The Giant Jam Sandwich by Janet Burroway

**The PSHE Curriculum – Summer Term – Year 2**

**Drug Education**

Children start by reviewing what they learnt last year.

Children learn:

* that injections can be used to stop people getting ill or to help them to get better. Going to the Doctor by Anne Civardi
* ways that they can feel good without taking medicines.
* to stay safe, recognise risks and identify when they would need to tell a trusted adult about a situation.

**Relationships and Sex Education**

* to name external parts of the body, including recognising the differences between male and female bodies. (Names for external parts of the body discussed are: penis, testicle, vulva)
* to describe the great things their bodies can do.
* that some parts of their bodies are private, link to PANTOSAURUS resources from NSPCC.
* ways to manage their personal hygiene both at home and at school and ways to prevent the spread of germs.

**Healthy Lifestyles**

* to discuss fun and free ways to exercise and things to do before bedtime to get a good night’s sleep
* why healthy eating is important and how it supports physical activity.
* Look at how foods fit within the basic food groups in the Eatwell guide. The Very Hungry Caterpillar by Eric Carle, Oliver’s Vegetables by Vivian French, Oliver’s Fruit Salad by Vivian French
* to list which factors contribute to healthy living