

Year 2 – PSHE lessons

Autumn 1	Spring	Summer 1
<p>Fun, food and fitness: what keeps me healthy?</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about what makes a balanced diet 2. about the importance of eating fruit and vegetables (as part of a balanced diet) 3. about ways of being physically active throughout the day (60 minutes a day) 	<p>Sex and relationship education: boys and girls, families</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. to understand and respect the differences and similarities between people 2. about the biological differences between male and female animals and their role in the life cycle 3. the biological differences between male and female children 4. about growing from young to old and that they are growing and changing 5. that everybody needs to be cared for and ways in which they care for others 6. about different types of family and how their home-life is special 	<p>Mental health: working and playing together</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about being co-operative with others 2. how to solve simple arguments with peers 3. that teasing or bullying is unacceptable and what to do if they experience it
Autumn 2		Summer 2
<p>Keeping safe: at home and outside</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about keeping safe in the home, including fire safety 2. about keeping safe outside, including road safety 3. about people who help keep us safe (including police, fire service) and how to ask for help 		<p>Drug, alcohol and tobacco education: medicines and me</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. why medicines are taken and that there can be alternatives to taking medicines 2. what medicines look like and how they are used 3. safety rules about using and storing medicines