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|  | PSHE Learning Coverage Document – Year 2 | | | | | |
| Y 2 | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **What makes a good friend?** | **What is bullying?** | **What jobs do people do?** | **What helps us to stay safe?** | **What helps us grow and stay healthy?** | **How do we recognise our feelings?** |
| Pupils learn how people behave when they are being friendly and what makes a good friend.  Pupils learn how to make friends with others.  Pupils learn how to resolve arguments that can occur in friendships.  Pupils learn how to ask for help if a friendship is making them unhappy.  1decision: Friendship  For the Birds video clip by Pixar. | Pupils learn that bodies and feelings can be hurt by words and actions  Pupils learn that hurtful behavior (offline and online) including teasing, name calling, bullying and deliberatively excluding others is not acceptable  Pupils learn how to report bullying  Pupils learn the importance of telling a trusted adult  1decision: Bullying | Pupils learn how people have different strengths and interests.  Pupils learn how people have different strengths and interests that enable them to do different jobs.  Equality book: Max the Champion by Sean Stockdale and Alexandra Stricklands. | Pupils learn about rules and age restrictions that keep us safe.  Rising Stars: Unit 2.6 We are game raters | **Pupils learn what foods support good health and the risks of eating too much sugar.**  **Pupils learn how to maintain good oral hygiene (including regular brushing and flossing) and the importance of regular visits to the dentist.**  Pupils learn about how physical activity helps us to stay healthy and  about ways to be physically active everyday.  1decision: Healthy Eating  PSHE Association: Health Education: food choices, physical activity and balanced lifestyles  PSHE Association: Dental Health lessons | Pupils learn about different feelings that humans can experience. Pupils learn how to recognise and name different feelings and how feelings can affect people’s bodies and how they behave. Pupils learn to recognise that not everyone feels the same at the same time, or feels the same about the same things.  Pupils learn how to recognise what others might be feeling. Pupils learn about ways of sharing feelings and a range of words to describe feelings. Pupils learn to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it.  1decision: Feelings and Emotions  Think Equal book: Feelings |
| Children learn how to recognise when they feel lonely and what they could do about it.  Equality book: Beegu by Alexis Deacon | Pupils learn how to ask for and give/not give permission re physical contact and how to respond if physical contact makes them uncomfortable or unsafe.  Pupils learn what to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping on trying until they are heard.  (Helping Hand – pupils identify 5 trusted adults they can go to for help)  1decision: touch | Pupils learn about a range of different jobs, including those done by people they know or people who work in their community.  Pupils learn how jobs help people earn money to pay for things they need and want. | Pupils learn to recognise risk in simple everyday situations and what action to take to minimize harm.  **Pupils learn about whose job it is to keep us safe.**  Pupils learn to respond safely to adults they don’t know.  Pupils learn about knowing there are situations when they should ask for permission and also when their permission should be sought. Pupils should learn about the importance of not keeping adults secret (only happy surprises that others will find out eventually) and basic techniques for resisting pressure to do something they don’t want to do and which may make them unsafe.  1decision: Staying Safe | Pupils learn about why sleep is important and different ways to rest and relax. Pupils learn about different ways to learn and play, recognizing the importance of knowing when to take a break from time online or TV.  PSHE Association: Sleep lessons | Pupils learn about change and loss (including death) and to identify feelings associated with this. Pupils learn what helps people feel better. Pupils learn how to recognise what others might be feeling.  Winston’s Wish PSHE KS1 Loss and Bereavement Lesson Plans (Goodbye Mousie by Robie H Harris) |
| Pupils learn about what rules are, why they are needed, and why different rules are needed for different situations.  **Pupils learn basic rules to keep safe online. YEAR 1 Aut 1**  Rising Stars: Unit 2.1 We are Year 2 rule writers | Pupils learn that people can say hurtful things online…that hurtful behavior…online…is not acceptable  Rising Stars Unit 2.2: We are not online bullies | Pupils learn how people use the internet and digital devices in their jobs and everyday life  Rising Stars: Unit 2.3 We are safe searchers | Pupils learn about how to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters)  Pupils learn ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely.  1decision: Keeping/Staying Safe Road Safety and Fire Safety | Pupils learn how to keep safe in the sun and protect skin from sun damage. | Pupils learn about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep) Pupils learn about different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don’t feel good. |
|  | LEARNING TO BE TIMETABLED IN ADDITION TO THE FORTNIGHTLY CYCLE | | | | | |
|  |  |  |  |  | Rising Stars: Unit 2.5 We are online behavior experts | Rising Stars: Unit 2.4 We are code masters |
|  |  |  |  |  |  | **Pupils learn to use the correct names for the main parts of the body, including external genitalia; and that parts of bodies covered with underwear are private**  - Medway Public Health Directive Primary RSE Lessons (KS1)  - NSPCC PANTS (The Underwear Rule)  - 1decision: Keeping/Staying Healthy – Washing Hands |