

<p>Year 2 National Curriculum objectives: Personal, social, health and economic (PSHE) education is an important and necessary part of all pupils' education. It will branch into areas of RE, English and assembly themes whilst also being taught in isolation in order to provide specific and focussed objectives.</p>	
<p>Year 2 Areas of study: Citizenship Economic Wellbeing Families and Relationships Health and Wellbeing Safety and the Changing Body Transition</p>	<p>Families and Relationships Family. Skills - Understanding ways to show respect for different families. Understanding that families offer love, care and support. Knowledge - To know that families can be made up of different people. To know that families may be different to my family. Friendships. Skills – Understanding difficulties in friendships and discussing action that can be taken. To know some problems which might happen in friendships. Knowledge - To understand that some problems in friendships might be more serious and need addressing. Respectful Relationships. Skills – Learning how other people show their feelings and how to respond to them. Exploring the conventions of manners in different situations. Knowledge - To understand some ways people show their feelings. To understand what good manners are. To understand some stereotypes related to jobs. Change and Loss. Skills - Exploring how loss and change can affect us. Knowledge - To know that there are ways we can remember people or events.</p>
<p>Health and Wellbeing Health and Prevention. Skills - Exploring the effect that food and drink can have on my teeth. Knowledge - To know that food and drinks with lots of sugar are bad for our teeth. Physical Health and Wellbeing. Skills – Exploring some of the benefits of exercise on body and mind. Exploring some of the benefits of a healthy balanced diet. Suggesting how to improve an unbalanced meal. Learning breathing exercises to aid relaxation. Knowledge - To understand the importance of exercise to stay healthy. To understand the balance of foods we need to keep healthy. To know that breathing techniques can be a useful strategy to relax. Mental Wellbeing. Skills - Exploring strategies to manage different emotions. Developing empathy. Identifying personal goals and how to work towards them. Exploring the need for perseverance and developing a growth mindset. Developing an understanding of self respect. Knowledge - To know that we can feel more than one emotion at a time. To know that a growth mindset means being positive about challenges and finding ways to overcome them.</p>	<p>Safety and the Changing Body Being Safe (including online) Skills - Discussing the concept of privacy. Exploring ways to stay safe online. Learning how to behave safely near the road and when crossing the road. Knowledge - To know the PANTS rule. To know that I should tell an adult if I see something which makes me uncomfortable online. To understand the difference between secrets and surprises. To know the rules for crossing the road safely. Drugs. Skills - Basic First Aid. Skills – Exploring what people can do to feel better when they are ill. Learning how to be safe around medicines. Knowledge - To know that medicine can help us when we are ill. To understand that we should only take medicines when a trusted adult says we can. The Changing Adolescent Body - To know the names of parts of my body including private parts.</p>
<p>Citizenship Skills - Explaining why rules are in place. Identifying positives and negatives about the school environment. Learning how to discuss issues of concern to me. Recognising the importance of looking after the school environment. Identifying ways to help look after the school environment. Recognising the contribution people make to the local community. Knowledge - To know some of the different places where rules apply. To know that some rules are made to be followed by everyone and are known as 'laws'. To know some of the jobs people do to look after the environment in school and the local community. To understand how democracy works in school through the school council. To understand that everyone has similarities and differences.</p>	<p>Economic Wellbeing Skills - Identifying whether something is a want or need. Recognising that people make choices about how to spend money. Exploring the reasons why people choose certain jobs. To know some of the ways in which adults get money. Knowledge - To know the difference between a 'want' and 'need'. To know some of the features to look at when selecting a bank account.</p> <p>Transition Skills - Identifying people who can help us when we are worried about changes. Knowledge - To understand that change is part of life.</p>

