**Year 2 – PSHE**

**Red Links to SCARF**

**Blue Islington on Teacher Secure**

**Physical Health & Well Being**

**Autumn 1**

Eating well. What does my body do? My body needs.

Importance of sleep, physical activity and rest **LESSON TWO Pupils learn about the importance of physical activity, sleep and rest.**

Who and what keeps us healthy and well? **LESSON THREE Pupils learn about people who help us to stay healthy and well and about basic hygiene routines.**

**Autumn 2**

**Keeping our bodies safe**

Similarities and differences between people What makes us who we are? My Special People.

Personal hygiene – our body Harold’s postcard – helping us to keep clean and healthy.

Being entitled to privacy I don’t like that. What should Harold Say?

**Spring 1**

**Mental health and emotional well being**

5 steps to emotional well being How to recognise and talk about their feelings, including having a varied vocabulary of words to use when talking about their own and others’ feelings.

Making positive caring relationships. Being a good friend. Let’s all be happy. My Special People.

Solving problems that may arise in friendship. Getting On With Others. Bullying Or Teasing.

**Spring 2**

**Keeping safe and managing risk**

Indoor and outdoor safety. How safe would you feel?

Road safety, **LESSON THREE Pupils learn about road safety.**

Online safety **LESSON ONE Pupils learn about keeping safe in the home, including fire safety, online safety.**

**Summer 1**

**Healthy Relationships**

Respecting others even when they are different to them What makes us who we are? An Act Of Kindness

Healthy friendships Being a Good Friend. Getting On With Others.

Characteristics of a healthy family life **LESSON ONE Pupils learn to understand and respect the differences and similarities between people.**

**Summer 2**

Transition into year 3.

5 ways to Emotional wellbeing.

How to recognise and talk about their feelings, including having a varied vocabulary of words to use when talking about their own and others’ feelings.