

St Eanswythe's C of E Primary School



Year Two ~ PSHE

Medium Term Plan/Topic Breakdowns

This is a breakdown of suggested teaching points within our main curriculum umbrella.

(Highlighted points must be taught in order to hit statutory requirements)

As long as you are using the main term's theme, you may pick and choose what you would like to teach within it. This can be done through circle times, drama, class discussion or written work.

<u>Term One: <i>Being Me</i></u>	<u>Term Two: <i>Relationships and Family</i></u>	<u>Term Three: <i>Celebrating Differences</i></u>	<u>Term Four: <i>Healthy Me</i></u>	<u>Term Five: <i>Citizenship and Economic well-being</i></u>	<u>Term Six: <i>Changing Me</i></u>
<p><u>All About Me:</u></p> <ul style="list-style-type: none"> • Wonderful Me – raising self-esteem • What makes me, me – basic understanding my feelings/emotions 	<p><u>My Family:</u></p> <ul style="list-style-type: none"> • Caring relationships, who cares about me? • How does my family keep me safe? 	<p><u>Physical Differences:</u></p> <ul style="list-style-type: none"> • Looking and exploring disabilities (age-appropriate) • Different types of 	<p><u>Staying Safe:</u></p> <ul style="list-style-type: none"> • <u>Safe adults</u> • <u>Stranger Danger!</u> • <u>Keeping physically safe</u> e.g. road, water safe. 	<p><u>Rules Beyond School:</u></p> <ul style="list-style-type: none"> • What rules can we think of in our country? • Who makes the rules and why? 	<p><u>Animals, male and female:</u></p> <ul style="list-style-type: none"> - Our pets - Characteristics of our pets. - How can we tell they are male or female e.g. anatomy/growth?

Understanding right from wrong:

- What rules do we have around us in our lives?
- Why do we have rules?
- Kind and unkind choices
- Do the right thing. Making choices in relation to social situations. (age appropriate)

Let's Talk: NSPCC PANTS rule:

- See online NSPCC for guidance/teaching

Different Families:

- Exploring different types of families e.g. adopted children, step- families.
- What is a 'normal' family?

Friendships:

- Am I a good friend?
- Solving friendship problems.
- New Friends and old friends.
- Sharing friends

homes and where we live.

- We are all different, but all the same! (we are all children. All learning)

Celebrating our own identity:

- What are my strengths and weaknesses?
- Dreams for my future.
- Feelings of success when things go right and how we cope when things go wrong.

Positive Mental Health:

- Introduction to mindfulness
- Ways to relax.
- Dealing with anger.
- Importance of sleep and its links to a healthy mind.

Healthy Choices & Unhealthy choices

- Keeping clean and its importance.
- Food Groups
- Knowing the difference and effects of being active and inactive

- Consequences

Job Roles in Local community:

- Research jobs that are relevant to our local area – e.g. coastal jobs.
- Vital roles within our community e.g. Police, Fire service.
- What jobs would we like to have when we are older?

Difference between male and female parts

- Simple parts of anatomy using correct terminology.
- My body belongs to me -
Revisit PANTS rule if needed.

Transition and changes in relation to moving up a class:

- What have I learnt this year?
- What have I got better at?
- What do I want to learn in my next class.
- How do I feel about my next class?
- Why do we need to move on?

Staying Safe Online:

- Suitable Websites for age-appropriate play
- Something Scary online? What should we do!
- Do not share personal information, keep yourself safe!