







Year 2 - PSHE		
Autumn 1	Spring 1	Summer 1
<p>Physical health and wellbeing: What keeps me healthy?</p> <p>(3 lessons) Pupils learn:</p> <ul style="list-style-type: none"> • about eating well • about the importance of physical activity, sleep and rest • about people who help us to stay healthy and well and about basic health and hygiene routines 	<p>Keeping safe and managing risk: Indoors and outdoors</p> <p>(3 lessons) Pupils learn:</p> <ul style="list-style-type: none"> • about keeping safe in the home, including fire safety • about keeping safe outside about road safety 	<p>Growing and Changing (SRE): Boys and girls, families</p> <p>(5 lessons) Pupils learn:</p> <ul style="list-style-type: none"> • to understand and respect the differences and similarities between people • about the biological differences between male and female animals and their role in the life cycle • the biological differences between male and female children • about growing from young to old and that they are growing and changing • that everybody needs to be cared for and ways in which they care for others
 MindMate: Feeling Good & Being Me	 MindMate: Life Changes	 MindMate: Being the Same & Being Different
Autumn 2	Spring 2	Summer 2
<p>Mental Health and emotional wellbeing: Friendship</p> <p>(3 lessons) Pupils learn:</p> <ul style="list-style-type: none"> • about the importance of special people in their lives • about making friends and who can help with friendships • about solving problems that might arise with friendships 	<p>Drug, Alcohol and Tobacco Education: Medicines and me</p> <p>(3 lessons) Pupils learn:</p> <ul style="list-style-type: none"> • why medicines are taken • where medicines come from • about keeping themselves safe around medicines <p>Asthma lesson for Year 2, 3 or 4</p> <p>that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use</p>	<p>Careers, Financial capability and economic wellbeing: Saving, spending and budgeting</p> <p>(3 lessons) Pupils learn:</p> <ul style="list-style-type: none"> • about what influences people's choices about spending and saving money • how people can keep track of their money • about the world of work
 MindMate: Friends & Family	 MindMate: Strong Emotions	 MindMate: Solving Problems - Making it Better