

Year 2 – PSHE lessons		
Autumn 1	Spring	Summer 1
<p><b>Fun, food and fitness: what keeps me healthy?</b></p> <p>Pupils learn:</p> <ol style="list-style-type: none"> <li>1. about what makes a balanced diet</li> <li>2. about the importance of eating fruit and vegetables (as part of a balanced diet)</li> <li>3. about ways of being physically active throughout the day (60 minutes a day)</li> </ol>	<p><b>Sex and relationship education: boys and girls, families</b></p> <p>Pupils learn:</p> <ol style="list-style-type: none"> <li>1. to understand and respect the differences and similarities between people</li> <li>2. about the biological differences between male and female animals and their role in the life cycle</li> <li>3. the biological differences between male and female children</li> <li>4. about growing from young to old and that they are growing and changing</li> <li>5. that everybody needs to be cared for and ways in which they care for others</li> <li>6. about different types of family and how their home-life is special</li> </ol>	<p><b>Mental health: working and playing together</b></p> <p>Pupils learn:</p> <ol style="list-style-type: none"> <li>1. about being co-operative with others</li> <li>2. how to solve simple arguments with peers</li> <li>3. that teasing or bullying is unacceptable and what to do if they experience it</li> </ol>
Autumn 2		Summer 2
<p><b>Keeping safe: at home and outside</b></p> <p>Pupils learn:</p> <ol style="list-style-type: none"> <li>1. about keeping safe in the home, including fire safety</li> <li>2. about keeping safe outside, including road safety</li> <li>3. about people who help keep us safe (including police, fire service) and how to ask for help</li> </ol>		<p><b>Drug, alcohol and tobacco education: medicines and me</b></p> <p>Pupils learn:</p> <ol style="list-style-type: none"> <li>1. why medicines are taken and that there can be alternatives to taking medicines</li> <li>2. what medicines look like and how they are used</li> <li>3. safety rules about using and storing medicines</li> </ol>