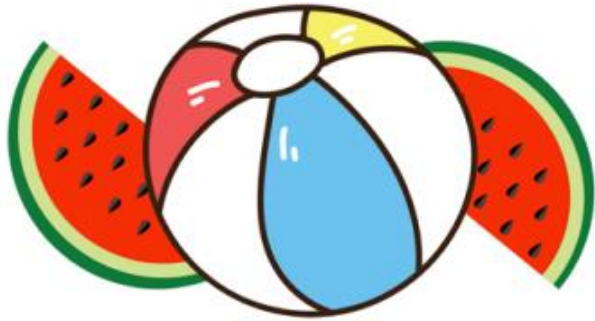


Year 2 - PSHE

Autumn 1

Physical health and wellbeing

What keeps me healthy?



Spring

Relationships and health education

Boys and girls, families



Summer 1

Keeping safe and managing risk

Indoors and outdoors



Autumn 2

Mental health and emotional wellbeing

Friendship



Summer 2

Drug, alcohol and tobacco education

Medicines and me



Year 2 - PSHE

Autumn 1

Physical health and wellbeing: What keeps me healthy?

Pupils learn:

- about eating well
- about the importance of physical activity, sleep and rest
- about how germs are spread, how we can prevent them spreading and people who help us to stay healthy and well

Autumn 2

Mental health and emotional wellbeing: Friendship

Pupils learn:

- about the importance of special people in their lives
- about making friends and who can help with friendships (on and offline)
- about solving problems that might arise with friendships (on and offline)

Spring 1 and 2

Relationships and health education: Boys and girls, families

Pupils learn:

- 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
- about different types of family and how their home-life is special

Summer 1

Keeping safe and managing risk: Indoors and outdoors

Pupils learn:

- about keeping safe in the home, including fire safety
- about keeping safe online, including the benefits of going online
- about keeping safe outside
- about road safety

Summer 2

Drug, alcohol and tobacco education: Medicines and me

Pupils learn:

- why medicines are taken
- where medicines come from
- about keeping themselves safe around medicines

Asthma lesson for Year 2, 3 or 4

- 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

Year 2 - Mental health and emotional wellbeing

Friendship

Learning intentions and outcomes	Ideas for a lesson plan	Suggested teaching resources
<p>LESSON ONE Pupils learn about the importance of special people in their lives</p> <p>Pupils</p> <ul style="list-style-type: none">• can identify people who are special to them and explain why• understand what makes a good friend• can demonstrate how they show someone they care	<ul style="list-style-type: none">• Pre-topic assessment activity:<ul style="list-style-type: none">○ Pupils suggest how to approach a difficult friendship situation• Ground rules: Remind the pupils of ground rules for PSHE lessons. Ensure they are understood and followed.• Hook activity: Pupils draw a gallery or frieze of their special people. Alternatively or in addition: Pupils close their eyes and think of one special person (someone they see every day or someone they see less often) and think about what makes them special. <i>Individual</i>• Introductory activity: Pupils make a grid with a list of their special people on one side and what they do that makes them special on the other. <i>Individual</i>• Main activity: Pupils complete the sentence starter: 'Friends _____' or 'A good friend is _____'. Pupils rank the statements in order of what is most important in a friendship. Discuss whether it is possible for one friend to have all of these qualities all of the time. If not, does this mean they are not a good friend? <i>Groups, whole class</i>• Closing activity: Pupils list the different things people do to show their special people they care. In addition, pupils could make a friendship / special person badge to give to someone, saying why they are special. <i>Individual</i>	<p>Pre-topic assessment activity:</p> <ul style="list-style-type: none">• Friendship assessment sheet

Year 2 - Mental health and emotional wellbeing

Friendship

Learning intentions and outcomes	Ideas for a lesson plan	Suggested teaching resources
<p>LESSON TWO</p> <p>Pupils learn about making friends and who can help with friendships (on and offline)</p> <p>Pupils</p> <ul style="list-style-type: none">• understand how people might feel if they are left out or excluded from friendships• recognise when someone needs a friend and know some ways to approach making friends• know who they can talk to if they are worried about friendships	<ul style="list-style-type: none">• Ground rules: Remind the pupils of ground rules for PSHE lessons. Ensure they are understood and followed.• Hook activity: Read a story, such as <i>Hello by Jack Foreman</i> or use a picture stimulus about a child being excluded from a friendship group. <i>Whole class</i>• Introductory activity: With the pupils discuss why is it sometimes hard to make friends? How does the person left out feel? <i>Whole class</i>• Main activity: Ask pupils whether the following things are useful to help someone make friends (they could vote thumbs up or down). <i>Being kind, playing together, not including in a game, sharing, asking a question, being bossy, pushing.</i> Ask pupils to make up some simple statements / questions that children can use to help people make friends - 'magic words for making friends'. Display these in the classroom or make a class book: How to make a friend. Discuss and remind pupils that the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous. <i>Whole class, pairs</i>• Closing activity: Pupils take part in a round, completing the sentence: My top tip for making friends is _____.	<p>Hook activity:</p> <ul style="list-style-type: none">• Hello, Jack Foreman <p>Other resources:</p> <ul style="list-style-type: none">• KS1 PSHE and citizenship class clips, BBC Bitesize, video clips friendship www.bbc.co.uk/bitesize/topics/zswwxnb/resources/2

Year 2 - Mental health and emotional wellbeing

Friendship

Learning intentions and outcomes	Ideas for a lesson plan	Suggested teaching resources
<p>LESSON THREE</p> <p>Pupils learn about solving problems that might arise with friendships (on and offline)</p> <p>Pupils</p> <ul style="list-style-type: none"> • can identify some ways that friendships can go wrong • can describe some ways to sort out friendship problems • recognise that difficulties within friendships can usually be resolved 	<ul style="list-style-type: none"> • Ground rules: Remind the pupils of ground rules for PSHE lessons. Ensure they are understood and followed. • Hook activity: Show the pupils a friendship chain / bracelet and talk about what it symbolises. <i>Whole class</i> • Introductory activity: Tell the class a story about two or three friends and a friendship chain. Use some of the pupils in the class to act as the characters in the story and a ball of string as the friendship chain. The pupils can help make up the story. <i>Whole class</i> <ul style="list-style-type: none"> ○ <i>Imagine two or three friends - best friends. Why did they become best friends? Share the string between the friends.</i> ○ <i>The friends realised they also both/all really liked _____. This made the friendship even better. Pass the ball of string between the friends again.</i> ○ <i>But one day, there was an argument between the friends – what was the argument about? Tangle up the string.</i> ○ <i>The argument got worse – what made it worse? They all fell out. Cut the string between the friends.</i> ○ <i>One friend decided to try and make the friendship again. What did they do? What did the other friend do? (Ensure that the friendship problem gets resolved). Tie a knot in the string.</i> • Main activity: Pupils discuss the sorts of things that can cause friendships to break. Explain that it's normal for most friendships to have ups and downs that can often be worked through so that the friendship is repaired or even strengthened. It's never ok to act in an unsafe way by being violent or making someone else afraid. What can help make friendships stronger? Collect the pupils' ideas together. <i>Groups, whole class</i> • Closing activity: Pupils rank the things that can make friendships stronger, which things help the most at the top and least at the bottom. <i>Groups</i> • Post-topic assessment activities: <ul style="list-style-type: none"> ○ Pupils add to / amend their ideas of how to approach a difficult friendship situation ○ Pupils complete the self-reflection sheet - Friendship 	<p>Post-topic assessment activities:</p> <ul style="list-style-type: none"> • Friendship assessment sheet • Friendship-self-reflection sheet <p>Other resources:</p> <ul style="list-style-type: none"> • KS1 PSHE and citizenship class clips, BBC Bitesize, video clips about friendship and resolving friendship problems www.bbc.co.uk/bitesize/topics/zswwxnb/resources/2