

Year 2

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Mental health and wellbeing</p> <p>This unit builds on the learning in year 1 by exploring a range of feelings and their intensity, and simple strategies to help manage them. The unit also introduces different kinds of change and loss (including bereavement).</p> <p>Suggested lessons:</p> <p><u>Foundations for Wellbeing – Y2</u></p> <p>L1: Noticing and naming feelings</p> <p>L2: Different distractions</p> <p>L3: Changing thoughts and feelings</p> <p>L4: Managing unhelpful thoughts</p> <p>L5: Reactions and responses</p> <p><u>Change, loss and grief – KS1</u></p> <p>L1: What happens when things change?</p>	<p>Keeping safe online</p> <p>This unit explores how online content can impact feelings, and supports pupils to make safe choices about what they watch or share online (including the importance of not sharing personal information).</p> <p>Suggested lessons:</p> <p><u>CEOP: Jessie and Friends – KS1</u></p> <p>L1: Watching videos</p> <p>L2: Sharing pictures</p> <p>L3: Playing games</p> <p><u>BBFC: Watch out! – KS1</u></p> <p>L1: Helping to make good viewing choices</p> <p>L2: Keeping viewing choices safe</p>	<p>Me, my body and staying safe</p> <p>This unit explores how people change as they grow from young to old. Pupils are introduced to the names of private body parts, including genitalia, and learn how the Talk PANTS rules can help keep children safe.</p> <p>Suggested lessons:</p> <p><u>Medway: Changing and growing up – KS1</u></p> <p>L1: My special people</p> <p>L2: Growing up – the human life cycle</p> <p>L3: Everybody's body</p> <p><u>NSPCC: Talk PANTS – 5-7</u></p> <p>L1: PANTS power</p> <p>L2: More PANTS power</p>	<p>Money and work</p> <p>This unit examines people's different strengths and interests and what this means for the jobs they might choose. It explores what money is, how jobs can help people earn money, and how to distinguish between needs and wants.</p> <p>Suggested lessons:</p> <p><u>The Careers and Enterprise Company: Careers explorers – KS1</u></p> <p>L1: Strengths and interests</p> <p>L2: Different jobs</p> <p><u>Money and wellbeing – KS1</u></p> <p>L1: What is money?</p> <p>L2: Money choices</p>	<p>Keeping safe outside the home</p> <p>This unit builds on prior learning about risk through the context of road and rail safety. Pupils learn what an 'emergency' is and how to get help from an adult in an emergency, or call 999 themselves if they need to.</p> <p>Suggested lessons:</p> <p><u>Road and rail safety – KS1</u></p> <p>L1: Crossing the road</p> <p>L2: Keeping safe around railways</p> <p><u>Emergencies lesson</u></p> <p><u>Environment agency – KS1</u></p> <p>L1: Caring for the environment</p>	<p>Looking back and moving on</p> <p>Use this unit to consolidate learning – this could include an extended project rehearsing skills and extending knowledge from previous units. It is also an opportunity to celebrate pupils' achievements and prepare them for the transition to key stage 2.</p> <p>Suggested lessons:</p> <p><u>Foundations for Wellbeing: Revisit the extension and embedding activities in year 2 lessons.</u></p> <p><u>Embracing change and new challenges – KS1</u></p> <p>L1: Moving to a new class</p>

Our schools deliver statutory and additional PSHE and RSHE content in ways that are appropriate for pupils' ages and stages of development. We follow a spiral curriculum, meaning key themes are revisited regularly so that learning is reinforced and deepened over time.

Many topics appear in each year group, but always in an age-appropriate way. This approach builds on pupils' existing knowledge and prepares them confidently for the next stage in their personal development.