



**PERSONAL SOCIAL AND HEALTH AND RELATIONSHIPS EDUCATION
FOREFIELD INFANT SCHOOL
Year 2**

Year 2 Topics	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1 decision focus	Relationships & Mental Health	Keeping Staying Safe & Hazard Watch	Computer Safety	Being Responsible	Keeping/ Staying Healthy	Feelings and Emotions
Learning Intentions (ongoing through other subjects)	<p>To know the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise</p> <p>To know the principles of planning and preparing a range of healthy meals.</p> <p>To know some different ways to keep safe and the difference between safe and risky choices e.g. railway, online etc.</p>					
Learning Intentions	<p>To know that healthy friendships are positive and welcoming towards others and do not make others feel lonely and excluded.</p> <p>To know that mental wellbeing is a normal part of daily life, in the same way as physical health.</p>	<p>To know about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.</p> <p>To know how to make a clear and efficient call to emergency services if necessary.</p> <p>To identify factors that may contribute to endangering ourselves including those done by others e.g. texting whilst driving etc.</p> <p>To understand that emergency services are an important part of our community and know the difference between risky and safe choices.</p>	<p>To know that the same principles apply to online relationships as to face-to-face relationships, including importance of respect for others online including when we are anonymous.</p> <p>To knowing that people sometimes behave differently online, including by pretending to be someone they are not.</p> <p>To know how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.</p> <p>To know how to recognise and report feelings of being unsafe or feeling bad about any adult.</p>	<p>To share personal successes with his/her class</p> <p>To know the importance of being responsible</p>	<p>To know the characteristics of a poor diet and risks associated with unhealthy eating (including, for example tooth decay)</p> <p>To know about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.</p>	<p>To know that mental wellbeing is a normal part of daily life, in the same way as physical health.</p> <p>To know how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.</p>



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			To know how to report concerns or abuse, and the vocabulary and confidence needed to do so.			
Knowledge Outcomes	<p>Know that friends fall out but that you should not feel lonely and excluded from your friendship group.</p> <p>Know that everyone has 'mental health' and it affects how we think, feel and act. (link to Forefield 5)</p>	<p>Know that bullying is not a one-off incident.</p> <p>Know that we should care about others feelings.</p> <p>Know how to cope with bullying behaviours.</p> <p>Know some ways to keep safe near a railway e.g. do not cross barriers.</p> <p>Know how to make an efficient call to emergency services</p> <p>Know that making hoax calls to emergency services can put others in danger</p> <p>Know some rules to keep yourself and others safe</p> <p>Know the difference between safe and risky choices.</p>	<p>Know the risks of sharing images without permission.</p> <p>Know that there are 'trolls' online and they should report this to a trusted adult.</p> <p>Know that it is easy to pretend to be someone else on the internet.</p> <p>Know the importance of not sharing private information online.</p> <p>Know that they should report any feelings of being unsafe online to a trusted adult.</p>	<p>Know some ways you can improve in an activity or sport.</p> <p>Know the importance of not giving up.</p> <p>Know the benefits of practising a sport or an activity</p> <p>Know some ways to set goals and work to reach them</p> <p>Know some ways to help others</p> <p>Know some kind and thoughtful behaviours and actions</p>	<p>Know how and why to brush your teeth know the difference between healthy and unhealthy choices.</p>	<p>Know that there are a range of emotions (unpleasant and pleasant) and that we can help ourselves to deal with them.</p> <p>Know the emotions of worry and anger and be able to talk about their physical effects on the body.</p>
Key Vocabulary	<u>REVISIT</u> Relationship	<u>REVISIT</u> Hazard Danger	<u>REVISIT</u> Online Positive	<u>REVISIT</u> Responsibility Responsible	<u>REVISIT</u> Healthy Unhealthy	<u>REVISIT</u> Forefield 5 Active Man



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	<p>Love Stability Security Disagree Friendship</p> <p>Forefield 5 Active Man Captain Connect Lightning Learner Mindful Mystique Go Go Give Wellbeing Mental health</p> <p><u>TEACH</u></p> <p>Bullying Mean Describe Teasing Threatening Advice Image Anti-bullying</p>	<p>Accident Safety Risk Emergency services Paramedic/ ambulance Coastguard Police Fire officers</p> <p><u>TEACH</u> Potential (danger) Rules Unsafe</p> <p>Burgled Flammable Distraction Emergency Hoax</p> <p>Railway Safety Live track Electric</p>	<p>Negative</p> <p><u>TEACH</u> Permission Opinion Rules Declaration</p>	<p>Trusted adult Trust Safe</p> <p><u>TEACH</u></p> <p>Abilities Thoughtful Qualities Manners Courteous Appropriately Self-respect Improve</p>	<p>Germ</p> <p><u>TEACH</u> Ingredients Energy Repair Vitamins Natural Saturated Fats Decay</p>	<p>Captain Connect Lightning Learner Mindful Mystique Go Go Give Wellbeing Mental health</p> <p>Recognising Loneliness Frustration Worry Jealousy</p> <p><u>TEACH</u> Fidgety Annoyed Anger Mange Control Trust</p>
<p>1 decision units that need to be covered within each half term and put on PSHE planning</p>	<p>Bullying Unit Be able to see and understand bullying behaviours. Know how to cope with bullying behaviours.</p> <p>Body Language Unit Understand that feelings can be shown without words. Understand why it is important to care about other peoples' feelings.</p>	<p>Tying Shoelaces Developing understanding of safe and unsafe scenarios.</p> <p>Fire Safety/ Hoax Calling</p>	<p>Image Sharing Unit Understand how your online actions can affect others know the risk of sharing images without permission.</p>	<p>Practice Makes Perfect Unit Be able to name ways you can improve in an activity or sport. Be able to see the benefits of practising an activity or sport.</p> <p>Helping Someone in Need Know how you can help other people. Understand the risks</p>	<p>Healthy Eating Unit Foods for health and growth. Healthy and unhealthy food choices.</p> <p>Brushing Teeth Unit Understand how and why to brush your teeth know the difference between healthy and unhealthy choices.</p>	<p>Worry Learn a range of skills for coping with unpleasant/ uncomfortable emotions.</p> <p>Anger Be able to recognise and name emotions and their physical effects.</p>



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				of talking to people you don't know very well in the community.		
Forefield Breadth of curriculum	<p>Friendship- focus on healthy friendships</p> <p>Forefield Five revisit Suggested resource to support planning Mental Health Focus- Rising Stars Champions- Healthy Mind, Emotions and Goals</p> <p>Digital Literacy Lesson- Staying safe online (can be taught as part of Computing)</p>	<p>Antibullying</p> <p>Know the importance of building in regular exercise.</p> <p>Railway safety- discuss with the children how to stay safe near a railway.</p> <p>Local context- safe and risky choices</p>	<p>PROJECT EVOLVE-</p> <p>Online Reputation unit</p> <p>Self- Image unit</p> <p>Online Relationships unit</p> <p>Self- Identity Unit</p>	<p>Who is a trusted adult?</p> <p>SMILE CHALLENGE ONGOING</p>	<p>See science coverage</p> <p>Importance of exercise</p>	<p>Family/ teamwork/ friendship</p> <p>Forefield Five to support transition</p>