

Year 2 PSHE Autumn

Being me in my world

Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings

Celebrate difference

Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends

Spring

Dreams and goals

Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success

Healthy me

Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food

Summer

Relationships

Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships

Changing me

Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition