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|  | **Year 2** |
|  | **Autumn** | **Spring** | **Summer** |
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| **Relationships and Health Education (RHE)** | **Autumn 1- RELATIONSHIPS****Friendship; feeling lonely; managing arguments****What makes a good friend?****Pupils learn*** How to make friends with others
* How to recognise when they feel lonely and what they could do about it
* How people behave when they are being friendly and what makes a good friend
* How to resolve arguments that can occur in friendships
* How to ask for help if a friendship is making them unhappy

**Autumn 2- RELATIONSHIPS****Behaviour; bullying; words and actions; respect for others****What is bullying?*** How words and actions can affect how people feel
* How to ask for and give/not give permission regarding physical contact and how to respond if physical contact makes them uncomfortable or unsafe
* Why name calling, hurtful teasing, bullying and deliberately excluding others is unacceptable
* How to respond if this happens in different situations
* How to report bullying or other hurtful behaviour, including online to a trusted adult and the importance of doing so
 | **Spring 1- LIVING IN THE WIDER WORLD****People and jobs; money; role of the internet****What jobs do people do?****Pupils learn*** How jobs help people earn money to pay for things they need and want
* About a range of different jobs, including those done by people they know or people who work in their community
* How people have different strengths and interests that enable them to do different jobs
* How people use the internet and digital devices in their jobs and everyday life

**Spring 2- HEALTH AND WELLBEING****Keeping safe; recognising risk; rules****What helps us to keep safe?*** How rules and restrictions help them to keep safe (eg basic road, fire, cycle, water safety; in relation to medicines/household products and online)
* How to identify risky and potentially unsafe situations (in familiar and unfamiliar environments, including online) and take steps to avoid or remove themselves from them
* How to resist pressure to do something that makes them feel unsafe or uncomfortable, including keeping secrets
* How not everything they see online is true or trustworthy and that people can pretend to be someone they are not
* How to tell a trusted adult if they are worried for themselves or others, worried that something is unsafe or if they come across something that scares or concerns them
 | **Summer 1- HEALTH AND WELL BEING****Being healthy: eating, drinking, playing and sleeping****What can help us grow and stay healthy?****Pupils learn*** that different things help their bodies to be healthy, including food and drink, physical activity, sleep and rest
* that eating and drinking too much sugar can affect their health, including dental health
* how to be physically active and how much rest and sleep they should have everyday
* that there are different ways to learn and play; how to know when to take a break from screen-time
* how sunshine helps bodies to grow and how to keep safe and well in the sun

**Summer 2- HEALTH AND WELLBEING****Feelings; mood; times of change; loss and bereavement; growing up****-How do we recognise our feelings?****Pupils learn*** how to recognise, name and describe a range of feelings
* what helps them to feel good, or better if not feeling good
* how different things/times/experiences can bring about different feelings for different people (including loss, change and bereavement or moving on to a new class/year group)
* how feelings can affect people’s in their bodies and behaviour
* ways to manage big feelings and the importance of sharing their feeling with someone they trust
* how to recognise when they might need help with feelings and how to ask for help
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