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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 |