



PSHE knowledge and
skills - Year 2

Key Area	Knowledge	Skills
<p><u>Families and Relationships</u></p> <p>Family Friendships Respectful relationships Change and loss</p>	<ul style="list-style-type: none"> ● To know that families can be made up of different people. ● To know that families may be different to my family. ● To know some problems that may happen in friendships. ● To understand that some problems in friendships might be more serious and need addressing. ● To understand some ways people show their feelings. ● To understand what good manners are. ● To understand some stereotypes related to jobs. ● To know that there are ways we can remember people or events. 	<ul style="list-style-type: none"> ● Understand ways to show respect for different family members. ● Understand that families offer love, care and support. ● Understand difficulties in friendships and discuss action that can be taken. ● Learn how other people show their feelings and how to respect them. ● Explore the conventions of manners in different situations. ● Explore how loss and change can affect us.
<p><u>Health and wellbeing</u></p> <p>Health prevention Physical health and wellbeing Mental wellbeing</p>	<ul style="list-style-type: none"> ● To know that food and drinks with lots of sugar are bad for our teeth. ● To explain the importance of exercise to stay healthy. ● To understand the balance of foods we need to keep healthy. ● To know that breathing techniques can be a useful strategy to relax. ● To know that we can feel more than one emotion at a time. 	<ul style="list-style-type: none"> ● Explore the effect the food and drink can have on my teeth. ● Explore some of the benefits of exercise on my body and mind. ● Explore some of the benefits of a healthy balanced diet. ● Suggest how to improve an unbalanced meal. ● Learn breathing exercises to aid relaxation.

	<ul style="list-style-type: none"> ● To know that a growth mindset means being positive about challenges and finding ways to overcome them. 	<ul style="list-style-type: none"> ● Explore strategies to manage different emotions. ● Develop empathy. ● Identify personal goals and how to work towards them. ● Explore the need for perseverance and develop a growth mindset. ● Develop an understanding of self-respect.
<p><u>Safety and the changing body</u></p> <p>Being safe (including online) Drugs, alcohol and tobacco The changing adolescent body Basic first aid</p>	<ul style="list-style-type: none"> ● To know the PANTS rule. ● To know that I should tell an adult if I see something which makes me feel uncomfortable online. ● To understand the difference between secrets and surprises. ● To know the rules for crossing the road safely. ● To know that medicine can help us when we are ill. ● To understand that we should only take medicine when a trusted adult says we can. ● To know that names of parts of my body including my private parts. 	<ul style="list-style-type: none"> ● Discuss the concept of privacy. ● Explore ways to stay safe online. ● Learn how to behave safely near the road and when crossing. ● Explore what people can do to feel better when they are ill. ● Learn how to be safe around medicines.
<p><u>Citizenship</u></p>	<ul style="list-style-type: none"> ● To know some of the different places where rules apply. ● To know that some rules are made to be followed by everyone and are known as 'laws'. ● To know some of the jobs people do to look after the environment in school and the community. 	<ul style="list-style-type: none"> ● Explain why rules are in different settings. ● Identify positives and negatives about the school environment. ● Learn how to discuss issues of concern to me.

	<ul style="list-style-type: none"> ● To understand how democracy works in school through the school council. ● To understand that different groups of people make different contributions to the community. 	<ul style="list-style-type: none"> ● Recognise the importance of looking after the school environment. ● Recognise the contribution people make to the local community.
<p><u>Economic wellbeing</u></p>	<ul style="list-style-type: none"> ● To know that many adults earn money by having jobs. ● To know some basic needs for survival, such as food, water and shelter. ● To know that a bank account is a special place in a bank that keeps money safe until it is needed. ● To know that a bank card is used to unlock a bank account and access the money inside. ● To know that saving money is when we keep some money and don't spend it straight away. ● To know that it is important for work places to include a variety of people to bring different skills. 	<ul style="list-style-type: none"> ● Explain adult money sources. ● Identify whether something is a want or a need. ● Compare and contrast 'wants' and 'needs'. ● Identify the main features of a bank card. ● Explore personal skills and talents. ● Explore the reasons why people choose certain jobs. ● Identify some ways to make an environment inclusive and fair. ● Reflect on the importance of individuality and diversity.