

## Year 2 Long Term Plan PHSE

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Autumn A <b><u>Caring friendships</u></b>	<b><u>Billy's first day</u></b> I know how to make our class a safe, kind, happy place using our rules. Establish how we can be caring friends to each other.	What are the qualities of a good friend and friendship? How do good friendships make us feel?	Identify/ respect similarities/ diff in friends: physical, cultural, family <i>appearance, religion, language, preference, opinions.</i>	I can make someone feel good by giving compliment. Talk about the power of what we say to each other in our relationships	I know what it feels like to relax and importance of rest, time with friends and family, benefits of hobbies.	I know the difference between right and wrong in a school context. Relate this to how we treat friends.	Friendships- getting on and falling out. How can we overcome conflicts in our friendships?
Cross curricular	As part of our topic on the seaside we cover sun safety and water safety						
Autumn B <b><u>Mental well being</u></b>	Bullying: What is bullying, emotions involved for bully and victim, what to do, who to tell, compare to positive friendships.		<b><u>Emotions</u></b> Name / recognise emotions. Sort into physical feelings and emotions. Sort positive /negative. Talk about what loneliness feelings	Name/ discuss emotions from images, relate to own lives. I can recognise when I or someone else feels sad or scared. I know who to talk to.	Talk about weak/ strong emotions. How do we cope with emotions that become overwhelming? What if an adult I know has strong emotions?	I know when I am bored/frustrated/ angry and how to deal with it. I know that negative emotions are a healthy part of life but who to ask for help.	I know what makes me happy, proud, excited and how my mind and body feels.
Spring A <b><u>Online relationships</u></b>	<b><u>E safety</u></b> Time spent online. Traffic light websites and why web sites are age restricted.	<b><u>E safety</u></b> Understand how data is presented and impact of digital footprints and keeping personal info private.	<b><u>Cyber bullying:</u></b> To know that the internet can be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health. To know who to ask for help and how to report/ block		<b><u>Responsibility</u></b> How do I know if something is or isn't my fault including aspects of safety.	Assembly Beatrix Potter day	

Spring B <b><u>Respectful relationships</u></b>	Writing week	<b><u>Stereotypes</u></b> Question stereotypes particularly male and female.	<b><u>Stereotypes</u></b> The Frog and the stranger- question stereotypes about race and culture	<b><u>Stereotypes</u></b> Explore the lives of 3 children: a traveller, a visually impaired child and a Muslim girl.	<b><u>Racism</u></b> Show racism the red card- explore the concept of racism and create posters.		
Summer A <b><u>Family Relationships</u></b>	<b><u>Family</u></b> Share mind maps of our special people. Note that our families and in wider world may all look different but we respect differences.	<b><u>Family</u></b> Recognise healthy family life, commitment to each other, in hard times, protection and care for children and others, importance of spending time together and sharing each other's lives To know that stable, caring relationships, are at heart of happy families, and important for chns security To recognise if relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed		<b><u>Family:</u></b> Difficult decisions for adults such as divorce and working away. Pilgrim or Wils Address the concept of marriage	<b><u>Privacy</u></b> Body parts and privacy/ safe touching. What to do if you feel uncomfortable or unsafe. Pants rule	<b><u>Privacy</u></b> Safe and unsafe secrets	
Summer B <b><u>Physical Health and mental well being</u></b>	<b><u>The Smell Monster</u></b> Cleanliness, bathing, teeth brushing	<b><u>Drinks</u></b> Healthy /unhealthy drink choices WATER	<b><u>Sleep</u></b> Discuss importance of sleep/ track our bedtime routines and sleep habits	<b><u>Germs-</u></b> understand how diseases are spread.	<b><u>Consequences</u></b> Understand how choices/ decisions have consequences.	<b><u>Drugs</u></b> Why and how we use medicines and difference between drugs and food. Rules in your home.	<b><u>Keeping safe</u></b> Who helps us to keep safe, Doctor, dentist, social worker
Summer B Science and PHSE	<b><u>Food groups</u></b> Humans need water and food to stay alive. Discuss their own weekly diets and learn how food can be sorted into groups. We need food from each Understand the principles of planning a healthy meal.		<b><u>Food diary</u></b> Complete survey about the foods that they eat regularly and present their results in bar charts. They will analyse the results of our survey.				

