

Year 2 PSHE Medium Term Plan - Summer

Theme: Health and Wellbeing

Sub-themes:

Physical Health and Mental wellbeing
Growing and Changing
Keeping Safe



Core Substantive Knowledge	Key Vocabulary	Key Questions
<p>Physical health and mental wellbeing: Healthy body, healthy mind</p> <p>Children learn:</p> <ul style="list-style-type: none"> • The routines and habits for maintaining good physical and mental health • Why sleep and rest are important for growing and keeping healthy • How medicines, including vaccinations and immunisations, can help people stay healthy and manage allergies • The importance of, and routines for, brushing teeth and visiting the dentist • How food and drink can affect dental health • How to describe and share a range of feelings • Identify ways to feel good, calm down or change their mood e.g. playing outside, listening to music, spending time with others • How to manage big feelings including those associated with change, loss and bereavement • When and how to ask for help, and how to help others, with their feelings 	<p>Routines, habits, mental health, vaccinations, immunisations, allergies, cavity, hygiene, fluoride, emotions, moods, bereavement</p>	<ul style="list-style-type: none"> • How can we look after ourselves? • How can I be safe whilst being around medicines? • What routines help keep my teeth healthy? • How can I manage big emotions? • How do our needs change as we grow? • What are the correct names for male and female body parts? • What do I need to do to achieve my dreams?
<p>Growing and changing: Changes, Dreams and Aspirations</p>	<p>Life cycle, responsibilities, male, female, vulva, vagina,</p>	<ul style="list-style-type: none"> • How do our needs change as we grow?

<p>Children learn:</p> <ul style="list-style-type: none"> • The human life cycle and how people grow from young to old • How our needs and bodies change as we grow up • To identify and name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles) • How people change as they grow up, including new opportunities and responsibilities • How to prepare to move to a new class and setting goals for next year 	<p>penis, testicles, goals, aspirations, achievements</p>	<ul style="list-style-type: none"> • What are the correct names for male and female body parts? • What do I need to do to achieve my dreams?
<p>Keeping Safe: Risks, Hazards and Protecting ourselves</p> <p>Children learn:</p> <ul style="list-style-type: none"> • How to recognise risk in everyday situations, e.g. road, water, rail safety and medicines • How to help keep themselves safe in familiar and unfamiliar environments, such as in school, online and 'out and about' • To identify potential unsafe situations, who is responsible for keeping them safe in these situations, and steps they can take to avoid or remove themselves from danger • How to help keep themselves safe at home in relation to electrical appliances, fire safety and medicines/household products • The things that people can put into their body or onto their skin (e.g. medicines and creams) and how these can affect how people feel • How to respond if there is an accident and someone is hurt 	<p>Flammable, hazards, responsible, risk, hazards, alert, harmful, protect, injury, syringe, symbol, capsule</p>	<ul style="list-style-type: none"> • How can I keep myself safe at home? • How can I recognise risks around me? • What can I do if I recognise an unsafe situation? • What things are safe to go into our bodies? • What would I do if there was an emergency?

- To understand whose job it is to keep us safe and how to get help in an emergency, including how to dial 999 and what to say.