Y2 PSHE/RSE Curriculum

NCEA WARKWORTH PRIMARY SCHOOL

Autumn	**My healthy self:** How can we look after our bodies?	**Connecting with others:** How can I build safe, kind and caring relationships with others?
Year 2	• Moving every day helps our bodies grow strong and supports a good mood. • Sleep and rest help the body and brain recover, grow and learn. • A bedtime routine helps us sleep well and tiredness can affect play and concentration. • Fruit, vegetables and varied foods help us grow and stay healthy, and water keeps us hydrated. • Brush every tooth twice a day and visit the dentist, even when teeth do not hurt. • Sugary foods and drinks can damage teeth and healthy habits belong in a daily routine.	• Families can have different members and live together or apart while still caring for each other. • Differences in families, cultures and beliefs deserve kindness and respect. • Friends do not always agree; calm words, turn-taking and compromise help solve problems. • Everyone can say no, ask for space and expect their boundaries to be respected. • Bullying is deliberately hurtful behaviour repeated over time, including online. • Tell a trusted adult about bullying, worrying secrets or anything that feels unsafe.
Spring	**The online world:** How can we stay safe online?	**Citizenship:** How do people belong to a community and earn money?
Year 2	• Information shared online may be seen by many people. • Some information is private and unsafe to share online. • Photos or videos of someone else should not be shared without permission. • People choose what they post and not everything online is real or true. • Ask a trusted adult before using unfamiliar websites or apps, or responding to pop-ups. • Know how to recognise an unsafe online situation and ask a trusted adult for help.	• People belong to different groups and communities, such as families, schools and local groups. • People contribute to their communities through different roles and jobs. • Recognise a range of jobs and describe some of the work people do. • Many people earn money through a job, but income can come from other sources. • Different coins and notes have different values. • Listening, sharing opinions and voting help people make decisions together.
Summer	**Health protection:** How can we look after and respect our bodies as we grow?	**Staying safe:** How can I make safe choices in different places?
Year 2	• Humans grow from babies to children, teenagers and adults. • Growing taller and losing teeth are normal changes, and growing up brings more independence. • Bodies have similarities and differences and unkind comments about bodies are not respectful. • Know the correct names for private body parts, including penis, vulva, vagina, testicles, scrotum and nipples. • Our bodies belong to us; some parts are private and other people's privacy matters too. • Know how to express a personal boundary and tell a trusted adult if words or actions feel wrong.	• Household hazards include sharp, hot or electrical items, matches and cleaning products. • Medicines and other substances can harm us if used incorrectly; never taste something unknown. • Know how to cross roads safely with an adult and why helmets protect cyclists and scooter riders. • Water can be dangerous; stay with an adult and, if in difficulty, float and shout for help. • Know the difference between welcome and unwelcome touch. Anyone can say no, even to someone they know. • Seek adult help for unsafe situations and call 999 for a serious emergency.