

## Personal, Social and Health Education (PSHCE) Expectations: Year 2

Autumn 1	Spring 1	Summer 1
<p><b>Physical Health And Wellbeing:</b></p> <p><b><i>What Keeps Me Healthy?</i></b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about eating well</li> <li>• about the importance of physical activity, sleep and rest</li> <li>• about people who help us to stay healthy and well and about basic health and hygiene routines</li> </ul>	<p><b>Relationships And Sex Education:</b></p> <p><b><i>Differences</i></b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• to introduce the concept of male and female and gender stereotypes</li> <li>• to identify differences between males and females</li> <li>• to explore some of the differences between males and females and to understand how this is part of the lifecycle</li> </ul>	<p><b>Keeping Safe And Managing Risk:</b></p> <p><b><i>Indoors And Outdoors</i></b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about keeping safe in the home, including fire safety</li> <li>• about keeping safe outside</li> <li>• about road safety</li> </ul>
Autumn 2	Spring 2	Summer 2
<p><b>Mental Health And Emotional Wellbeing:</b></p> <p><b><i>Friendship</i></b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about the importance of special people in their lives</li> <li>• about making friends and who can help with friendships</li> <li>• about solving problems that might arise with friendships to consider smoking and its effects</li> </ul>	<p><b>Identity, Society And Equality:</b></p> <p><b><i>Me And Others</i></b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about what makes themselves and others special</li> <li>• about roles and responsibilities at home and school</li> <li>• about being co-operative with others about positive ways to deal with set-backs</li> </ul>	<p><b>Drug, Alcohol And Tobacco Education:</b></p> <p><b><i>Keeping Safe</i></b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• to explore substances and situations that are safe or unsafe</li> <li>• to be able to identify some hazardous substances</li> <li>• to consider safety rules for at home and at school</li> </ul>