

Personal, Social and Health Education (PSHE) Vision Map

Year 2 – About Me

Crucial Knowledge

- Me:
 - Food that is eaten can change our body
 - Teeth must be brushed every morning and night
 - My body needs rest and a long sleep at night
 - My brain needs breaks from looking at a screen
 - Emotions are the things that I feel
 - When someone dies it is sad.

- Dreams:
 - Everybody is good at something
 - It is ok to find things difficult.
 - It is important to keep trying when things are difficult.

Intent

- Me:
 - Healthy lifestyle:
 - diet and choosing the right foods
 - looking after my teeth
 - The importance of daily exercise and rest
 - e-smart and when to take a break
 - Mental health:
 - different emotions at different times,
 - how to feel good
 - big feelings and needing help
 - Name body parts (including external private parts)
 - Change and loss

- Dreams:
 - Things that I enjoy and have done well
 - Things I want to get better at
 - Different jobs in the community and to earn money

Year 2 – Relationships

Crucial Knowledge

- Me and others:
 - A relationship is a feeling between two or more people
 - Families can be different but also have things in common (the same)
 - Bodies and feelings can be hurt by words and actions
 - It is important to listen to others to stop arguments
 - An argument is when people get cross because they don't agree
- Safety:
 - It is ok to say 'no' if something makes you feel worried or unsafe
 - Parts of my body covered by underpants are private
 - Permission is when I need to ask to do something
 - Only keep adult secrets if they are happy surprises that others will find out about
 - I should only play in water when an adult is near
 - Dialling 999 will call the police, an ambulance or a fire engine

Intent

- Me and others:
 - Types of relationships
 - People who care about me and how I know this
 - Family life: common features
 - How behaviours affect others
 - Working together and resolving arguments
 - Telling when someone hurts me and my feelings
- Safety:
 - Keeping myself safe:
 - Private places
 - Permission and trusted adults
 - When I feel unsafe
 - E-safety:
 - Using the internet and devices safely
 - Everyday use of the internet
 - Not everything online is true
 - getting help, reporting problems
 - Secrets and surprises
 - Water and sun safety
 - Calling 999 and what to say

Year 2 – My World

Crucial Knowledge

- Community:
 - Nature is something that is not made by people
 - The environment is everything around us
 - Charity is helping others
 - There are five British values. These help us to think about how we treat people in Britain.
- Diversity:
 - Identity is how we see ourselves
 - Culture is how groups of people behave and things they believe in
 - There are lots of different cultures around the world
- My place in the world:
 - Being eco-friendly means not harming the planet

Intent

- Community:
 - Places of nature near by
 - Looking after the environment near by
 - The school's charity of the year
 - British Values
- Diversity:
 - Identity: people that are the same and different
 - Different types of families
 - Different cultures
- My place in the world:
 - *Recap: staying safe online*
 - Learning what it means to be eco-friendly
 - Helping my world by being eco-friendly