

Health Education Core Skills

Understanding there are different types of touch.

Understanding how to tell someone if they think that touch isn't wanted.

Say how bacteria can spread and think of ways to protect myself from illness.

Understand what bullying is and how bullying can make me, or others feel. Knowing what to do when someone is being bullied.

Knowing which foods and drinks are healthy for my body and explain why it is important to make healthy choices.

Understand what an emergency is and why it is important to get adult help.

'My Body' Core Skills

Understanding how a baby grows.

Explaining how I have grown and changed.

Understanding how my body will change as I get older.

Relationship Education Core Skills

Understanding that there are lots of different types of families.

Knowing that I am uniquely special.

Understanding types of positive love.

Understanding the difference between secrets and surprises.

Knowing that some secrets can be uncomfortable.

Recognising my strengths and setting goals to enhance my self-esteem.

Identifying what personal information is and the importance of not sharing this.

Understanding how to report something online that doesn't feel right.

Year 2

PSHE and Life Skills Curriculum Overview

PSHE Core Skills

Setting classroom rules.

Understanding and giving compliments to peers and ourselves.

Understanding the importance of listening to others.

Understanding how to share and use negotiation to resolve conflicts.

Understanding how to calm down by practising skills of relaxation.

Understanding what privacy means and knowing when it is appropriate to share my feelings.

Understanding the difference between something happening by accident and something happening on purpose.

Understanding the concept of manners, politeness, and rudeness; being able to explain why manners are important and saying thank you.

British Values

We teach British Values to children to improve their spiritual, moral, social and cultural development.

The 5 British Values are:

- Democracy
- Tolerance
- Respect
- Liberty
- Rule of law

PATHS feelings

I will learn what feelings are.

I will know the difference between comfortable and uncomfortable feelings.

I will learn about the facial expressions and body postures associated with these feelings:

Fine	Safe	Shyness
Excited	Cross/Angry	
Tired	Embarrassed	
Scared	Calm/relaxed	
Afraid	Surprised	