

# Year 2: PSHE Long Term Plan



THE PYTHON HILL ACADEMY

LABOR OMNIA VINCIT

*Our Ambition: To be the highest performing MAT in the country  
Our Mission: To improve the communities we serve for the better*

**Vision:**

*Challenging educational orthodoxies so that every child makes good progress in all subjects;  
all teachers are committed to personal improvement and fulfil their responsibilities;  
all children receive an inspiring curriculum;  
all academies strive to be outstanding.*

## PSHE Curriculum Overview

Year	Being Me In My World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
<b>FS</b>	Who ... me? How am I feeling today Being at school Gentle hands Our rights Our responsibilities	What am I good at I'm special, I'm me Families Homes Making friends Standing up for yourself	Challenges Never give up Setting a goal Obstacles and support Flight to the future Footprint awards	Everybody's body We like to move it, move it Food glorious food Sweet dreams Keeping clean Safe adults	My family and me Make friends, make friends Falling out and bullying Being the best friends we can	My body Respecting my body Growing up Fun and fears Celebration
<b>Y1</b>	Feeling special and safe My class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter	The same as... Different from ... What is bullying What so I do about bullying Making new friends Celebrating difference and me	My treasure chest of success Steps to success Achieving together Stretchy learning Overcoming obstacles Celebrating my success	Being healthy Healthy choices Clean and healthy Medicine safety Road safety Happy, healthy me	Families Making friends Greetings People who help us Being y own best friend Celebrate special relationships	Life cycles Changing me My Changing body Boys and girls bodies Learning and growing Coping with changes
<b>Y2</b>	Hopes and fears for the year Rights and responsibilities Rewards and Consequences Our learning charter Owning our learning charter	Boys and girls Why does bullying happen? Standing up for self/others Gender diversity Celebrating differences	Goals to success My learning strengths Learning with others A group challenge Celebrating our achievement	Being healthy Being relaxed Medicine safety Healthy eating Happy healthy me	Different types of family Exploring physical contact Friendship and conflict Secrets Trust and appreciation Special relationships	Life cycles in nature Growing young to old The changing me Boys and girls bodies Assertiveness Looking ahead
<b>Y3</b>	Getting to know each other Our nightmare school Our dream school Rewards and consequences Our learning charter Owning our learning charter	Families Family conflict Witness and feelings Witness and solutions Words that harm Celebrating difference	Dreams and goals My dreams and ambitions A new challenge Our new challenge Overcoming obstacles Clearing my learning	Being fit and healthy What do I know about drugs Being safe Safe and unsafe My amazing body	Family roles / responsibilities Friendships Keeping myself safe online Being a global citizen Celebrating web relationships	How babies grow Babies Outside body changes Inside body changes Family stereotypes Looking ahead
<b>Y4</b>	Becoming a class team Being a school citizen Rights, responsibilities, Rewards and consequences Our learning charter Owning our learning charter	Judging by appearance Understanding influences Understanding bullying Problem solving Special me Celebrating differences	Hopes and dreams Broken dreams Overcoming disappointment Creating new/realistic dreams Achieving goals We did it	My friends and me Group dynamics Smoking Alcohol Healthy relationships Celebrating my inner strength	Jealousy Love and loss Memories Getting on and falling out Girlfriends/boyfriends Celebrating my relationships	Unique me Having a baby Puberty and menstruation Circles of change Accepting change Looking ahead

<b>Year</b>	<b>Being Me In My World</b>	<b>Celebrating Differences</b>	<b>Dreams and Goals</b>	<b>Healthy Me</b>	<b>Relationships</b>	<b>Changing Me</b>
<b>Y5</b>	The year ahead Being a citizen Rights and responsibilities Rewards and consequences Our learning charter Owning our learning charter	Different cultures Racism Rumours and name calling Types of bullying Does money matter Celebrating differences of the world	When I grow up Investigating jobs and careers My dream job Dreams/goals in other cultures How can we support each other Rallying support	Smoking Alcohol Emergency aid Body image My relationship with food Healthy me	Recognising me Safety in online communities Being in an online community Online gaming Relationship with technology	Self and body image Puberty for girls Puberty for boys Conception Looking ahead
<b>Y6</b>	My year ahead Being a global citizen The learning charter Our learning charter Owning our learning charter	Am I normal Understanding differences Power struggles Why Bully Celebrating difference	Personal learning goals Steps to success My dream for the world Helping to make a difference Recognising our achievements	Taking personal responsibility Drugs Exploitation Gangs Emotional mental health Managing stress and pressure	What is mental health My mental health Love and loss Power and control Being online – real or fake Technology safety	My self image Puberty Babies conception to birth Boyfriends/girlfriends Adolescent friendships Real self and ideal self The year ahead

	Autumn 1						Autumn 2					
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6/7	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Theme	Being Me in my World						Celebrating Differences					
Jigsaw	Hopes and fears for the year	Rights and responsibility	Rewards and consequences	Rewards and consequences	Our learning charter	Owning the Learning Charter	Boys and girls	Boys and girls	Why does bullying happen?	Standing up for self/others	Gender diversity	Celebrating differences
Vocab	Worries Hopes Fears	Belonging Rights Responsibility Responsible Actions	Praise Reward Consequence Positive Negative Choices	Praise Reward Consequence Positive Negative Choices	Co-operate Learning Charter Rights Responsibility Rewards Consequence Problem-solving Choices	Learning Charter Responsibility Rights Rewards Consequences Choices	Similarities Assumptions Stereotypes	Boys Girls Similarities Differences Assumptions Stereotypes Special	Bully Purpose Difference Kind Unkind Feelings Sad Lonely Help	Bully On Purpose Stand up for Help	Male Female Difference Diversity Fairness Kindness	Friends Special Unique Different Similarities Value
I Can	I can identify some of my hopes and fears for this year I know how to use my Jigsaw Journal	I understand the rights and responsibilities for being a member of my class and school	I listen to other people and contribute my own ideas about rewards and consequences	I can listen to other people and contribute my own ideas about rewards and consequences	I understand how following the Learning Charter will help me and others learn	I recognise the choices I make and understand the consequences	I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes)	I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes)	I understand that bullying is sometimes about difference	I can recognise what is right and wrong and know how to look after myself	I understand that it is OK to be different from other people and to be friends with them	I can tell you some ways I am different from my friends

	Spring 1						Spring 2					
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Theme	Dreams and Goals						Healthy Me					
Jigsaw	Goals to success	My learning strengths	Learning with others	A group challenge	A group challenge	Celebrating our achievement	Being healthy	Being relaxed	Medicine safety	Healthy eating	Healthy eating	Happy healthy me
Vocab	Realistic Proud Success Celebrate Achievement Goal	Strengths Persevere Challenge Difficult Easy	Learning together Success Celebrate Achievement Goal Partner Team work	Learning together Success Celebrate Achievement Challenge Product Dream bird Group Team work Problem-solve	Learning together Success Celebrate Achievement Challenge Product Dream bird Group Team work Problem-solve	Learning together Success Celebrate Dream Goal Garden Achievement Proud	Healthy choices Lifestyle Motivation	Relax Relaxation Tense Calm Stress	Healthy Unhealthy Dangerous Medicines Safe Body	Healthy Unhealthy Balanced diet Portion Proportion	Healthy Unhealthy Balanced diet Energy Fuel Nutritious	Healthy Unhealthy Balanced diet Nutritious Energy
I Can	I can choose a realistic goal and think about how to achieve it	I carry on trying (persevering) even when I find tasks difficult	I can recognise who I work well with and who it is more difficult for me to work with	I can work well in a group to create an end product	I can explain some of the ways I worked well in my group to create the end product	I know how to share success with other people	I know what I need to keep my body healthy	I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed	I understand how medicines work in my body and how important it is to use them safely	I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy	I can make some healthy snacks and explain why they are good for my body	I understand which foods to eat to give my body energy

	Summer 1					Summer 2					
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Theme	Relationships					Changing Me					
Jigsaw	Families	Exploring physical contact	Friendship and conflict	Secrets	Special relationships	Life cycles in nature	Growing young to old	The changing me	Boys and girls bodies	Assertiveness	Looking ahead
Vocab	Family Different Similarities Special Relationship Important Cooperate	Touch Physical contact Communication Hugs Like Dislike Acceptable Not acceptable	Friends Likes/dislikes Conflict Point of view Positive problem solving	Secret Surprise Good secret Worry secret Telling Adult Trust Surprised Happy Sad Frightened	Compliments Celebrate Positive Negative Appreciate	Change Grow Life cycle Control Baby Adult Fully grown	Growing up Old Young Change Respect Appearance Physical	Baby Toddler Child Teenager Adult Independent Timeline Freedom Responsibility	Male Female Penis Testicles Vulva Vagina Anus Public Private	Touch Texture Cuddle Hug Squeeze Like Dislike Comfortable Uncomfortabl	Change Looking forward Excited Nervous Anxious Happy
I Can	I can identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate	I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not	I can identify some of the things that cause conflict with my friends	I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret	I can express my appreciation for the people in my special relationships	I can recognise cycles of life in nature	I can tell you about the natural process of growing from young to old and understand that this is not in my control	I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old	I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vulva, vagina, anus) and appreciate that some parts of my body are private	I understand there are different types of touch and can tell you which ones I like and don't like	I can identify what I am looking forward to when I move to my next class