

Year 2

Autumn term

Physical health and wellbeing: What keeps me healthy?

Pupils learn:

- about eating well
- about the importance of physical activity, sleep and rest
- about people who help us to stay healthy and well and about basic health and hygiene routines

Mental health and emotional wellbeing: Friendship

Pupils learn:

- about the importance of special people in their lives
- about making friends and who can help with friendships
- about solving problems that might arise with friendships



In Autumn, we are learning to:

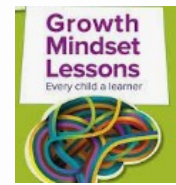
- * Identify what healthy food looks like, identify who helps make healthy choices and know the benefits of a healthy diet.
- * Describe some ways of being physically active throughout the day, explain why it is important to rest as well as getting enough sleep and understand that an hour of exercise a day is important for good health.
- * Know about the roles of people to help us stay healthy (including vaccinations), describe everyday routines to help take care of our bodies and understand how basic hygiene can stop the spread of disease.

Identify people who are special to us and explain why, understand what makes a good friend and demonstrate how to show someone they care.

* Understand how someone might feel if they are left out/excluded from friendships, recognise when someone needs a friend, recognise how to approach someone to make friends and know who they can talk to if they are worried about friendships.

* Identify some ways that friendships can go wrong, understand that some friendship issues can be resolved and identify ways to resolve them.

*Internet Safety , how to stay safe and aware online



Spring term

Sex and relationship education: Boys and girls, families

Pupils learn:

- to understand and respect the differences and similarities between people
- about the biological differences between male and female animals and their role in the life cycle
- the biological differences between male and female children
- about growing from young to old and that they are growing and changing
- that everybody needs to be cared for and ways in which they care for others
- about different types of family and how their home-life is special



In Spring, we are learning to:

* Define similarities and differences between people and to challenge stereotypes.

* Understand that female mammals give birth to and nurse their young, describe the biological differences between male and female and understand that the creation of life requires male and female.

*Identify and label the biological name for different parts of the body (privates, vagina, penis and revisit the NSPCC pants rule taught in Year One).

* Identify key stages of the human life cycle, understand some ways we have changed from when we were babies and understand that all living things start life as babies.

* Understand that we all have different needs and require different care and identify ways in which we can care for each other and families.

* Describe different types of home life, describe what is special about their home life and understand that families care for each other in different ways.

Summer term

Keeping safe and managing risk: Indoors and outdoors

Pupils learn:

- about keeping safe in the home, including fire safety
- about keeping safe outside
- about road safety

Drug, alcohol and tobacco education: Medicines and me

Pupils learn:

- why medicines are taken
- where medicines come from
- about keeping themselves safe around medicines

Asthma lesson for Year 2, 3 or 4

- that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use

In Summer, we are learning to:

* Understand some ways to keep safe indoors, understanding what do in an emergency and understand that we can take some responsibility for our own safety (tell an adult; call 999).

* Identify some rules for keeping safe outdoors, assess whether a situation is safe or unsafe and understand the importance of telling someone where we are going to be playing.

* Identify hazards in relation to road safety, explain how to cross roads safely and recognise the rules in relation to road safety and road users.

*Understand that the purpose of medicines to help people get better and stay healthy, understand that they come in different forms and recognise that each medicine has a specific use.

*Understand medicines can be given by a doctor or bought from a shop or pharmacy, understand when medicines might be used and who decides which medicines are used.

* Know that medicines come with instructions so they are used safely and understand that if medicines are not taken correctly, they can be harmful.

*Know what asthma is and how it can affect people, recognise the symptoms of an asthma attack and understand how people with asthma can look after themselves.

