**Being Me In My World**

**Year 2 PSHRE**

**Rights and responsibilities**

Understand the right and responsibilities of being a member of my class/school.

Know how to help myself and others feel like we belong

**Rewards and consequences (1)**

Understanding rewards and consequences.

Help make my class a safe and fair place.

**Our learning Charter (LC)**

Understand how following the LC will help me and others learn.

Working cooperatively.

**Owning our Learning Charter (LC)**

Recognise the choices I make and understand the consequences.

Choose to follow the LC.

**Rewards and consequences (2)**

Understanding rewards and consequences.

Help make my class a safe and fair place.

**Hope and fears for the year**

Identify some of my hopes and fears for this year.

Recognise when I feel worries and know who to ask for help.

**Celebrating difference and still being friends**

Tell you some ways I am different from my friends.

Understand differences make us special and unique

**Diversity**

Understand that it’s ok to be different and be friends with everyone.

We shouldn’t judge people if they are different.

Know how it feels to be a friend and have a friend

**Standing up for myself and others**

Recognise what is right and wrong and how to look after myself.

Know how to stand up for myself and others if I’m being bullied.

**Boys and girls (1)**

Start to understand that sometimes people make assumptions about boys and girls (stereotypes).

Understand ways in which boys and girls are similar.

**Why does bullying happen?**

Understand that bullying is sometimes about difference.

Empathise with someone who is being bullied.

Be kind to children who mare bullied

**Boys and girls (2)**

Start to understand that sometimes people make assumptions about boys and girls (stereotypes).

Understand ways in which boys and girls are different.

**Celebrating Difference**

**Goals to Success**

Choose a realistic goal and how to achieve it.

Tell you things I have achieved and how that makes me feel.

Dreams

**Dreams and Goals**

**Year 2 PSHRE**

**Group Challenge**

I can work cooperatively in a group.

Work well with others to solve problems

**My Learning Strengths**

Persevere even when I find things difficult.

Tell you my strengths as a learner.

**Celebrating our Achievement**

Know how to share success with other people.

How group success feels.

Store feelings in my internal treasure chest

**Learning with others**

Recognise who I work well with and who it is more difficult for me to work with.

Understand how working with others can help me to learn.

**Group Challenge (2)**

Talk about ways I worked well with my group.

Tell you how I felt about working in my group.

**Healthy eating (1)**

Know which foods my body needs every day to keep me healthy.

Have a healthy relationship with food and know which foods I enjoy the most.

**Happy healthy me**

Decide which foods to eat to give my body energy.

Have a healthy relationship with food and know which are most nutritious for my body.

**Being relaxed**

Understand being relaxed and know what makes me feel stressed.

Tell you when a feeling is weak and when a feeling is strong.

**Healthy eating (2)**

Make healthy snacks and know why they are good for me.

Share healthy food with my friends.

**Medicine safety**

Understand how medicines work in my body and how to use them safely.

Feeling positive about caring for my body and keeping it healthy.

**Healthy Me**

H

**Being healthy**

I know what I need to keep my body healthy.

Be motivated to make healthy lifestyle choices.

**Keeping safe**

Understand that there are lots of forms of physical contact in a family and that some are acceptable and some are not.

Know which types of physical contact I like and don’t like and be able to talk about this.

**Families**

Identify different members of my family and know why it is important to share and cooperate.

Accept that everyone’s family is different.

**Relationships**

**Year 2 PSHRE**

**Celebrating my special relationships**

Express my appreciation for people in my special relationships.

Able to express appreciation from others.

**Secrets**

Know that sometimes it is good to keep a secret and that sometimes it is not.

Know how it feels to keep a secret I don’t want to keep and who to talk to.

**Trust and appreciation**

Recognise and appreciate people who can help me in my family/school/community.

Know how it feels to trust someone.

**Friends and conflict**

Identify things that cause conflict with my friends.

Know how to resolve conflicts with my friends

**Boys and girls assertiveness**

I respect and understand my body and know which parts are private.

I am confident to talk about what I like and don’t like about being a boy/girl.

**Growing from young to old**

Knowing the process of growing from young to old and that this is not in my control.

Identify people I respect who are older than me.

**The changing me**

Recognise how my body has changed since I was a baby.

Feel proud about becoming more independent.

**Assertiveness**

Understand there are different types of touch and there are ones I like and don’t like.

Be confident to say what I like and don’t like and ask for help.

**Looking ahead**

Identify what I am looking forward to when I move to my next class.

Start to think about changes I will make when I am in year 3.

**Life cycles in nature**

Recognise cycles of life in nature.

Understand some changes are outside my control and know how I feel about this.

**Changing Me**