



**PSHE**

**St Joseph's infant school**

**Year 2**

**Key skills, knowledge and vocabulary**



Year 2			
Key Topics Year 2	Skills	Knowledge	Key Vocabulary
Family and Relationships	<p>Understanding ways to show respect for different families.</p> <p>Understanding that families offer love, care and support.</p> <p>Understanding difficulties in friendships and discussing action that can be taken.</p> <p>Learning how other people show their feelings and how to respond to them.</p> <p>Exploring the conventions of manners in different situations.</p> <p>Exploring how loss and change can affect us.</p>	<p>To know that families can be made up of different people.</p> <p>To know that families may be different to my family.</p> <p>To know some problems which might happen in friendships.</p> <p>To understand that some problems in friendships might be more serious and need addressing.</p> <p>To understand some ways people show their feelings.</p> <p>To understand what good manners are.</p> <p>To understand some stereotypes related to jobs. To know that there are ways we can remember people or events.</p>	<p>Friendship</p> <p>Love</p> <p>Manners</p> <p>Emotions</p> <p>Family</p> <p>Feelings</p> <p>Stereotypes Respect</p>
Health and Wellbeing	<p>Exploring the effect that food and drink can have on my teeth.</p> <p>Exploring some of the benefits of exercise on body and mind.</p> <p>Exploring some of the benefits of a healthy balanced diet.</p> <p>Suggesting how to improve an unbalanced meal.</p> <p>Learning breathing exercises to aid relaxation.</p> <p>Exploring strategies to manage different emotions.</p> <p>Developing empathy.</p> <p>Identifying personal goals and how to work towards them.</p> <p>Exploring the need for perseverance and developing a growth mindset.</p> <p>Developing an understanding of self respect.</p>	<p>To know that food and drinks with lots of sugar are bad for our teeth.</p> <p>To understand the importance of exercise to stay healthy.</p> <p>To understand the balance of foods we need to keep healthy.</p> <p>To know that breathing techniques can be a useful strategy to relax.</p> <p>To know that we can feel more than one emotion at a time.</p> <p>To know that a growth mindset means being positive about challenges and finding ways to overcome them.</p>	<p>Diet</p> <p>Exercise</p> <p>Goal</p> <p>Growth mindset</p> <p>Healthy</p> <p>Physical activity</p> <p>Relaxation</p> <p>Skill</p> <p>Strengths</p> <p>Emotions</p> <p>Feelings</p>

Economic Wellbeing	Identifying whether something is a want or need. Recognising that people make choices about how to spend money. Exploring the reasons why people choose certain jobs.	To know some of the ways in which adults get money. To know the difference between a 'want' and 'need'. To know some of the features to look at when selecting a bank account.	Coins Need Notes Priority Want
			Banks Building societies Cash Earn Save
Citizenship	Explaining why rules are in place. Identifying positives and negatives about the school environment. Learning how to discuss issues of concern to me. Recognising the importance of looking after the school environment. Identifying ways to help look after the school environment. Recognising the contribution people make to the local community.	To know some of the different places where rules apply. To know that some rules are made to be followed by everyone and are known as 'laws'. To know some of the jobs people do to look after the environment in school and the local community. To understand how democracy works in school through the school council. To understand that everyone has similarities and differences.	Election Environment Identity Job Opinion Rule School council Volunteer Vote  Responsibility

<p>Safety and the Changing Body</p>	<p>Discussing the concept of privacy.          Exploring ways to stay safe online.          Learning how to behave safely near the road and when crossing the road.          Exploring what people can do to feel better when they are ill.          Learning how to be safe around medicines.</p>	<p>To know the PANTS rule.          To know that I should tell an adult if I see something which makes me uncomfortable online.          To understand the difference between secrets and surprises.          To know the rules for crossing the road safely.          To know that medicine can help us when we are ill.          To understand that we should only take medicines when a trusted adult says we can.          To know the names of parts of my body including private parts.</p>	<p>Medicine          Pedestrian          Private          Secret          Surprise          Penis          Testicles/testes          Vulva          Vagina</p>
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