Y2 PSHE – Being Me in My World

Essential Knowledge

What can I do when I feel worried and who can help me?
Trusted adults can help when people feel worried. Asking for help is a good way to solve problems and feel safe.

How can we all belong and help our class and school be a better place?
Helping others, being kind and including everyone can help people feel that they belong.

How can we listen to others and help make our class safe and fair?
Listening to others and sharing ideas can help everyone learn together. Rules, rewards and consequences help people make good choices.

How can we share ideas and help make our class safe and fair for everyone?
The choices people make can affect what happens next. Making good choices can help everyone stay happy and safe.

How does following our school rules and working together help everyone learn?
Working together helps everyone learn, play and achieve more. Co-operating means helping, sharing and taking turns with others.

Why is it important to think about my choices and follow our school rules?
The choices people make can affect themselves and others. Making kind and sensible choices can help everyone feel happy and safe.

Key Vocabulary

worries		thoughts or feelings that make us feel sad, nervous or unsure
responsibilities		important jobs we should do to help ourselves and others
belonging		feeling happy, safe, accepted and part of a group
co-operate		working together, sharing and helping each other
consequences		what happens after we make a choice or do something
praise		kind words that show someone they have done something well
actions		things we do or say every day

Aspirational Knowledge

Everyone belongs and has the right to feel safe, valued and respected. Rules help keep people safe and make things fair. The choices people make can affect themselves and others. Sharing ideas, listening and working together help create a happy classroom.

Y2 PSHE – Being Me in My World

Key Knowledge
Who can help me when I am worried? If I feel worried, I can talk to a trusted adult. Asking for help can help me feel safe and happy.
How can I be a good member of my class? We can be kind, help others and include everyone. This helps people feel welcome and part of our school.
How can I listen to others? We can listen to each other and share our ideas. Our class rules help everyone learn and play safely.
How can I share my ideas to make our classroom safe? Our choices matter. Making kind choices helps everyone feel happy and safe.
How do my actions help everyone learn? Working together helps us learn and have fun. We can help, share and take turns with others.
Why should I think about my actions and follow the rules? Our choices affect ourselves and other people. Following the rules and making good choices helps everyone stay happy and safe.

Key Vocabulary		
worries		things that make us feel sad, nervous or unsure
responsibilities		jobs we should do
belonging		feeling part of a group
co-operate		working together
consequences		what happens because of our choices
praise		saying ‘well done’ to someone
actions		things we do

Y2 PSHE – Celebrating Differences

Essential Knowledge

How are boys and girls similar, and why is it important not to make assumptions about people?
Girls and boys can be alike in many ways. It is important to be kind and get to know people before making judgements about them.

How can boys and girls be different, and why should we respect those differences?
People are all different and should be treated with kindness and respect. Everyone deserves to feel valued and included.

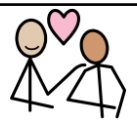
How might bullying make someone feel, and what can I do to help?
Being unkind can make people feel sad, upset or left out. Kind words and actions can help others feel happy, safe and included.

How do I know what is right and wrong, and what can I do if someone is being bullied?
Making good choices helps keep everyone safe and happy. If someone is being bullied, it is important to tell a trusted adult.

How can I be a good friend to everyone, even if we are different?
Being kind and including others helps everyone feel welcome and part of the group.

How do our differences make us special and unique?
Everyone is special in their own way. People have different strengths, interests and qualities that make them unique.

Key Vocabulary

similarities		things that people have in common
assumptions		thinking something about a person without knowing the facts
differences		the ways that people are not the same
unique		being different from everyone else in a special way
respect		treating people kindly and valuing their thoughts and feelings
diversity		different people with different backgrounds, interests and qualities
kindness		showing care, friendliness, and helpfulness to others

Aspirational Knowledge

Every person is unique and valuable. Differences should be celebrated, and everyone should be treated with kindness and respect. Recognising bullying, asking for help when needed, making good choices and including others help create a safe and caring community.

Y2 PSHE – Celebrating Differences

Key Knowledge
How are boys and girls the same? Boys and girls can like the same things. It is important to be kind and get to know people before making a judgement.
How are boys and girls different? Everyone is different. We should be kind and respect each other.
How does bullying make someone feel, and how can I be kind? Bullying can make people feel sad, upset or lonely. Kind words and actions can help others feel happy and included.
Who can help me if I am being bullied? Making good choices helps keep everyone safe and happy. If someone is being bullied, tell a trusted adult.
How can I be a good friend? We can be kind, share and include others. This helps everyone feel welcome.
What makes me special and unique? Everyone is special in their own way. We all have different things we are good at and enjoy doing.

Key Vocabulary		
similarities		things that are the same
assumptions		guessing what someone is like before you know them
differences		things that are not the same
unique		being special because there is only one of you
respect		being kind to others
diversity		everyone is different
kindness		being nice and helpful to others

Y2 PSHE – Dreams and Goals

Essential Knowledge

How can I achieve a goal and how do I feel when I succeed?
A goal is something people want to achieve. Keeping on trying can help people reach their goals.

What do I need to do to stay healthy and achieve my goals?
Eating well, sleeping well, exercising and looking after feelings can help people do their best and achieve their goals.

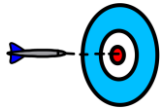
Why is it important to work well with different people when I am learning?
Respecting others, showing tolerance and getting along with different people help everyone learn together.

How does working as a team help us to solve problems and achieve success?
Listening to others, sharing ideas and working as a team can help solve problems and achieve success.

How can I recognise different feelings and know what helps me feel relaxed?
Body signals can help people recognise their feelings and choose ways to stay calm and ready to learn.

How can I share success with others?
Celebrating achievements together helps everyone feel proud, included and valued.

Key Vocabulary

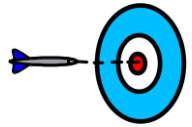
goal		something you want to do or achieve
relaxation		a time to feel calm and peaceful
motivation		something that makes you want to try your best
learning together		working with others
achievement		something you have done well
persevere		keep trying even when something is hard
proud		feeling happy about something you have done

Aspirational Knowledge

Achieving goals takes motivation and perseverance. Challenges and mistakes help people learn and improve. Healthy choices support learning and wellbeing, and celebrating achievements helps build confidence and resilience.

Y2 PSHE – Dreams and Goals

Key Knowledge
How can I reach my goal? A goal is something I want to do. If I keep trying, I can reach my goal and feel proud.
How can I stay healthy? Eating healthy food, sleeping well, being active and talking about my feelings can help me do my best.
How can working with others help me learn? Being kind and respectful helps everyone learn and work together.
How can I work with others to solve a problem? Listening, sharing ideas and working together can help us solve problems and do well.
What makes me feel relaxed? My body can help me know how I am feeling. I can use different ways to help me feel calm and ready to learn.
How can I share success with others? When we celebrate together, everyone can feel proud, happy and included.

Key Vocabulary		
goal		an aim or target you are working towards
relaxation		taking time to calm your body and mind
motivation		the feeling that encourages you to keep going and do your best
learning together		sharing ideas and working together to help everyone learn
achievement		reaching a goal or succeeding at something
persevere		continuing to try and not giving up when things are difficult
proud		feeling pleased with yourself because of something you have achieved

Y2 PSHE – Healthy Me

Essential Knowledge

How can I make healthy food choices and enjoy the foods I eat?
Eating a variety of healthy foods helps the body grow, stay healthy and have the energy it needs to learn, play and be active.

How can I make healthy snacks and enjoy sharing healthy foods with others?
Healthy snacks can give me energy and that sharing food can be a kind and enjoyable experience.

How can I stay safe at home and know who to tell when I feel worried or unsafe?
Trusted adults can help when people feel worried, unsafe or need support. Asking for help is an important way to stay safe and solve problems.

How can I stay safe around roads, railways and water and make safe choices when something feels unsafe?
Following safety rules helps people stay safe and make good choices.

Why is it important to use medicines safely and take care of my body?
Medicines can help people feel better but should only be given by a trusted adult.

What choices can I make to help me stay healthy and safe?
Making healthy and safe choices helps people look after their bodies and minds.

Key Vocabulary

healthy		having a body and mind that are working well
balanced diet		eating foods to help your body grow and stay healthy
energy		the strength your body gets from food, sleep and exercise to do everyday activities
nutritious		food that provides the nutrients your body needs to grow and stay healthy
hazard		something that may cause harm or danger
medicines		substances used to help treat illness or keep people healthy when taken correctly
healthy choices		decisions that help improve your health and wellbeing

Aspirational Knowledge

Keeping healthy and safe helps people look after their bodies and minds. Healthy eating, exercise, sleep and medicines can help people stay well, while recognising risks and making safe choices helps keep them protected. These choices support wellbeing and help people feel ready to learn and succeed.

Y2 PSHE – Healthy Me

Key Knowledge

What foods help keep me healthy?
Eating different healthy foods helps my body grow, stay healthy and have energy for learning and playing.

What healthy snacks can I make?
Healthy snacks give me energy. Sharing food can be kind and fun.

How can I stay safe at home?
If I feel worried or unsafe, I can talk to a trusted adult. Asking for help can keep me safe.

How can I stay safe near roads, railways and water?
Following safety rules helps keep me safe. I can make safe choices if something feels dangerous.

How do medicines help me when I am poorly?
Medicine can help people feel better. Only a trusted adult should give me medicine.

How can I stay healthy and safe?
Making healthy and safe choices helps me look after my body and mind.



Key Vocabulary

healthy		feeling well and looking after your body
balanced diet		eating different healthy foods
energy		what helps your body move and learn
nutritious		food that is good for your body
hazard		something that could hurt you
medicines		things that help people get better when they are ill
healthy choices		good choices that help keep you healthy

Y2 PSHE – Relationships

Essential Knowledge

Who is in my family and why is it important to help each other?
I accept that everyone's family is different and understand that most people value their family.

What types of physical contact are okay in my family?
I know which types of physical contact I like and don't like and can talk about this.

What things can cause arguments with my friends and how can I solve them?
I can demonstrate how to use the positive problem-solving technique to resolve conflicts with my friends.

When is it okay or not okay to keep a secret and who can I tell if I feel worried?
I know how it feels to be asked to keep a secret I do not want to keep and know who to talk to about this.

Who helps me at home, at school and in my community?
I understand how it feels to trust someone.

Who is special to me and how can I show I appreciate them?
I can express my appreciation for the people in my special relationships.



Key Vocabulary

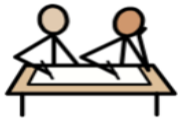
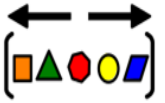
relationship	how people are connected or how they get along with each other
co-operate	to work together nicely to get something done
trust	to believe someone will be kind, honest, and do the right thing
compliments	nice things you say to make someone feel happy
diverse	when things or people are different from each other in a good way
stereotype	when people think everyone in a group is the same (even when it's not true)
communication	talking, listening or sharing ideas with others

Aspirational Knowledge

I will build strong relationships by being kind, caring and co-operative. I will be honest and reliable, make others feel valued through compliments, celebrate diversity, include everyone, challenge stereotypes, treat people fairly and communicate kindly by listening and speaking well.

Y2 PSHE – Relationships

Key Knowledge
Who is in my family? I know that everyone's family is different.
Which touches are okay and not okay? I know what kind of touch I like and don't like.
What can make friends upset? I can solve problems with my friends.
Who can I tell if a secret makes me worried? I can name trusted adults I can talk to.
Who helps me? I understand how it feels to trust someone
Who is special to me? I can talk about people who are important.

Key Vocabulary		
co-operate		work together
relationship		how people know and feel about each other
trust		believe someone is good and honest
compliments		saying nice things
diverse		different
stereotype		thinking everyone is the same
communication		talking and listening

Y2 PSHE – Changing Me

Essential Knowledge

How do human and animal life cycles show changes?
Humans and animals grow and change as they move through different stages of life. Each stage brings new changes, skills and experiences.

How do humans grow and change from young to old?
Humans changes from babies to children, teenagers, adults and old people as they grow.

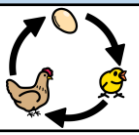
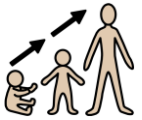
How am I different now that I am older and more independent?
As people get older, they learn new skills, make more choices and take greater responsibility for their actions and belongings.

What are the correct names for private parts of the body for boys and girls?
Private body parts have the correct scientific names, are covered and should be treated with respect and kept private.

What are appropriate touches and how can I say no?
Unsafe touch can make me feel worried or uncomfortable, and I can say "No" and tell a trusted adult if I feel unsafe.

What will change when I move up to my next class?
Moving to a new class may bring new learning, routines, adults and responsibilities, and that change is a normal part of growing up and learning.

Key Vocabulary

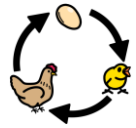
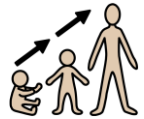
life cycle		the stages a living thing goes through as it grows and changes
growing up		getting older and learning new skills
independence		being able to do things by yourself
responsibilities		things you need to do and take care of
uncomfortable		a feeling that something does not feel right, safe soft or pleasant
anxious		feeling worried or nervous about something
respect		being kind, caring and polite to yourself and others

Aspirational Knowledge

As people grow and change, they develop new skills, take on more responsibility and become more independent. These changes help them make safe, respectful and confident choices in different situations.

Y2 PSHE – Changing Me

Key Knowledge
How do animals grow and change? People and animals grow and change. They go through different stages as they get older.
How do we change as we grow? What stays the same when we grow? People grow from babies to children, then to adults and older people.
How am I different now that I am older? As I get older, I can do more things by myself and make more choices.
What do we call private parts of our bodies? Private body parts have special names. They are covered by underwear and should be kept private.
What do I say if I don't want to be touched? If a touch makes me feel worried or uncomfortable, I can say "No" and tell a trusted adult.
What will my new class be like? My new class may have new learning, new adults and new routines. Change is a normal part of growing up.

Key Vocabulary		
life cycle		how living things grow and change
growing up		getting older
independence		doing things on your own
responsibilities		jobs you need to do
uncomfortable		not feeling okay about something
anxious		feeling worried
respect		being kind and polite to others