



<b>PSHE</b>	<b>Year 2</b>	<b>Theme: Physical health and wellbeing – what keeps me healthy?</b>
<b>What will I know by the end of this topic?</b>	<b>Vocabulary</b>	
<ul style="list-style-type: none"> <li>• What a healthy diet looks like.</li> <li>• The benefits of a healthy diet.</li> <li>• Describe ways to be physically active.</li> <li>• Explain why we need rest.</li> <li>• Which people will help you to stay healthy.</li> <li>• What we can do to help us be hygienic.</li> </ul>	<ul style="list-style-type: none"> <li>• Diet – the things that we eat and drink</li> <li>• Healthy diet – a diet which has a balance of the different food groups (see the plate)</li> <li>• Healthy choice – choosing to have a healthy diet with some treats</li> <li>• Hygiene – things we do to stay clean</li> </ul>	



### Reflective questions

What things can you do to stay hygienic?  
 What things can we eat to stay healthy?  
 How does eating healthy make you feel?



PSHE	Year 2	Theme: Mental health and wellbeing – friendship
<p>What will I know by the end of this topic?</p>	<p>Vocabulary</p>	
<ul style="list-style-type: none"> <li>• To identify which people are special to you.</li> <li>• Know what makes a good friend.</li> <li>• How to show someone that you care.</li> <li>• That leaving people put might make them feel bad.</li> <li>• To spot times when someone might need a friend.</li> <li>• Who you can talk to if you are worried about your friendships.</li> <li>• What can cause a friendship to go wrong.</li> <li>• Ways that you can fix things if it goes wrong.</li> </ul>	<ul style="list-style-type: none"> <li>• Special – something that is different about a person</li> <li>• Friend – someone who supports you and helps you</li> <li>• Friendship – when both of you are friends to each other</li> </ul>	
<p style="text-align: center;"><b>Reflective questions</b></p>		
<p>What have you done to show someone that you care?            Have you ever hurt a friend? What did you do to make it up to them?            Has anybody ever hurt your feelings? How did they make it up to you?</p>		



# St Austin's R.C. Primary School – PSHE



<b>PSHE</b>	<b>Year 2</b>	<b>Theme: Keeping safe and managing risk – indoors and outdoors</b>
<b>What will I know by the end of this topic?</b>	<b>Vocabulary</b>	
<ul style="list-style-type: none"> <li>• Know some rules for keeping safe indoors, outdoors and online.</li> <li>• Know what you can do in an emergency.</li> <li>• That you can take responsibility for your own safety.</li> <li>• To work out whether a situation is safe or unsafe.</li> <li>• The importance of telling a trusted adult about where you will be playing.</li> <li>• How to cross the road safely.</li> <li>• How to be safe around the roads.</li> </ul>	<ul style="list-style-type: none"> <li>• Emergency – something serious or dangerous that we weren't expecting to happen</li> <li>• Risk – a situation which involves danger</li> <li>• Safe – something which does not involve danger</li> <li>• Green Cross Code – the rules for safely crossing roads</li> </ul>	
<b>Reflective questions</b>		
<p>How can you keep yourself safe?          Who can help you to stay safe?          What can you do if you feel unsafe?          Who do you ring in an emergency and on what number?</p>		



PSHE	Year 2	Theme: Drugs, alcohol and tobacco – medicines and me
<p>What will I know by the end of this topic?</p>	<p>Vocabulary</p>	
<ul style="list-style-type: none"> <li>• That medicines are there to help us to stay healthy , get well or feel better if we are ill.</li> <li>• That medicines can come in different types.</li> <li>• That medicines can be prescribed by a doctor, or bought from a pharmacy or shop.</li> <li>• That medicines have specific uses.</li> <li>• That we don't always need to take medicines to make us feel better but can use other ways.</li> <li>• That medicines have rules for taking them which help us to stay safe.</li> <li>• That medicines can be harmful if not taken in the correct way.</li> </ul>	<ul style="list-style-type: none"> <li>• Medicine – something which people take to help them be healthy</li> <li>• Prescription – when a doctor writes down permission for you to take a medicine</li> <li>• Pharmacy – a special shop which sells medicines to people and gives them their prescriptions</li> <li>• Symptoms – a sign that someone is not completely healthy e.g. a head ache or sore throat</li> <li>• Treatments – something which is done to make you feel better</li> </ul>	
<p style="text-align: center;">Reflective questions</p>		
<p>Do you know anybody in your life who takes medicines?            What ways can we make ourselves better without medicines?            Why is important to only take medicine when it is really needed?</p>		

