

Year 2 PSHE Assessment

Relationships	Health and Wellbeing	Living in the Wider World
<p>Autumn 1 What makes a good friend? Autumn 2 Acceptance and Bullying</p>	<p>Spring 1 How do we recognise our feelings? Spring 2 What helps us keep safe? Summer 1 & Summer 2 What can help us grow and stay healthy?</p>	<p>Summer 1 How can we look after the world?</p>
<ul style="list-style-type: none"> • how to make friends with others • how to recognise when they feel lonely and what they could do about it • how people behave when they are being friendly and what makes a good friend • how to resolve arguments that can occur in friendships • how to ask for help if a friendship is making them unhappy • how words and actions can affect • why name-calling, hurtful teasing, bullying and deliberately excluding others is unacceptable • how to respond if this happens in different situations • how to report bullying or other hurtful behaviour, including online, to a trusted adult and the importance of doing so; that people can say hurtful things online • about how people may feel if they experience hurtful behaviour or bullying • that hurtful behaviour (offline and online) including 	<ul style="list-style-type: none"> • to recognise, name and describe a range of feelings • what helps them to feel good, or better if not feeling good • how different things / times / experiences can bring about different feelings for different people (including loss, change and bereavement or moving on to a new class/year group) • how feelings can affect people in their bodies and their behaviour • ways to manage big feelings and the importance of sharing their feelings with someone they trust • how to recognise when they might need help with feelings and how to ask for help when they need it • help them to keep safe (e.g. basic road, fire, cycle, water safety; in relation to medicines/ household products and online) • how to identify risky and potentially unsafe situations (in familiar and unfamiliar environments, including online) and take steps to avoid or remove themselves from them • how to resist pressure to do something that makes them 	<p>the responsibilities they have in and out of the classroom</p> <p>what can harm the local and global environment; how they and others can help care for it</p>

teasing, name-calling, bullying and deliberately excluding others is not acceptable;

- how to report bullying; the importance of telling a trusted adult
- about how to respond if physical contact makes them feel uncomfortable or unsafe
- about knowing there are situations when they should ask for permission and also when their permission should be sought
- about what is kind and unkind behaviour, and how this can affect others
- about how to treat themselves and others with respect; how to be polite and courteous
- to recognise the ways in which they are the same and different to others
- how to listen to other people and play and work cooperatively
- to recognise the ways they are the same as, and different to, other people

feel

unsafe or uncomfortable, including keeping secrets

- how not everything they see online is true or trustworthy and that people can pretend to be someone they are not
- how to tell a trusted adult if they are worried for themselves or others, worried that something is unsafe or if they come across something that scares or concerns them
- at different things help their bodies to be healthy, including food and drink, physical activity, sleep and rest
- that eating and drinking too much sugar can affect their health, including dental health
- how to be physically active and how much rest and sleep they should have everyday
- that there are different ways to learn and play how to know when to take a break from screen-time
- how sunshine helps bodies to grow and how to keep safe and well in the sun.