



PSHE 3D Overview Per Half Term Year 2

Skills Progression		
Personal Wellbeing Skills	Health and Wellbeing Skills (covers all phases)	Citizenship Skills
<p>PW1 Identify the different types of work people do and learn about different places of work</p> <p>PW2 Recognise where money comes from, and the choices people make to spend money on things they want and need</p> <p>PW3 Understand that we cannot always afford the items we want to</p> <p>PW4 Contribute to enterprise activities</p> <p>PW5 Recognise what they like and dislike</p> <p>PW6 Recognise what they are good at</p> <p>PW7 Recognise, name and manage their feelings in a positive way</p> <p>PW8 Understand the difference between impulsive and considered behaviour</p> <p>PW9 Share their opinions on things that matter to them</p> <p>PW10 Make positive real-life choices (television, games, money)</p> <p>PW11 Recognise why healthy eating and physical activity are beneficial</p> <p>PW12 Recognise that some substances can help or harm the body</p> <p>PW13 Recognise the simple physical changes to their bodies experienced since birth</p> <p>PW14 Reflect on the similarities and differences between people</p> <p>PW15 Demonstrate basic road safety skills</p> <p>PW16 Make simple choices that improve their health and wellbeing e.g. healthy eating</p> <p>PW17 Manage basic personal hygiene</p> <p>PW18 Recognise that there are people who care for and look after them</p> <p>PW19 Identify different relationships that they have and why these are important</p> <p>PW20 Recognise how their behaviour affects other people</p> <p>PW21 Consider different types of teasing and bullying, understand that bullying is wrong and know how to get help to deal with bullying</p> <p>PW22 Seek help from an appropriate adult when necessary</p> <p>PW23 Develop positive relationships through work and play</p>	<p>HW1 Know how to keep safe and how and where to get help</p> <p>HW2 Recognise right and wrong, what is fair and unfair and explain why</p> <p>HW4 Recognise and respect similarities and differences between people</p> <p>HW5 Recognise and respond to issues of safety relating to themselves and others and how to get help</p> <p>HW7 Recognise how attitude, behaviour and peer pressure can influence choice and behaviour, including dealing with bullying</p> <p>HW8 Recognise stereotyping and discrimination</p> <p>HW9 Recognise their strengths and how they can contribute to different groups</p> <p>HW10 Recognise the factors influencing opinion and choice, including the media</p> <p>HW11 Recognise how their behaviour and that of others may influence people both positively and negatively</p> <p>HW13 Listen to and show consideration for other people's views</p> <p>HW14 Identify and talk about their own and others' strengths and weaknesses and how to improve</p> <p>HW15 Listen to, reflect on and respect other people's views and feelings</p> <p>HW16 Negotiate and present their own views</p> <p>HW17 Self-assess, understanding how this will help their future actions</p> <p>HW18 Work and play independently and in groups, showing sensitivity to others</p> <p>HW20 Work independently and in groups, taking on different roles and collaborating towards common goals</p> <p>HW22 Take the lead, prioritise actions and work independently and collaboratively towards goals</p> <p>HW23 Set goals, prioritise and manage time and resources, understanding how this will help their future actions</p> <p>HW26 Take responsibility for their own safety and the safety of others and be able to seek help in an emergency</p>	<p>Ci1 Recognise the difference between good and bad choices</p> <p>Ci2 Recognise the difference between right and wrong and what is fair and unfair</p> <p>Ci3 Consider ways of looking after the school or community and how to care for the local environment</p> <p>Ci4 Identify the importance of rules and be able to say why rules applying to them are necessary</p> <p>Ci5 Express views and take part in decision-making activities to improve their immediate environment or community</p> <p>Ci6 Take turns and share as appropriate</p> <p>Ci7 Suggest rules that would improve things for the common good</p>

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HW28 Respond to challenges, including recognising, taking and managing risk

Autumn 1

FAMILY AND FRIENDS / COMMUNITIES

Concepts

- Know the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs
- Learn about some similarities and differences between people from different countries and the importance of cross-cultural friendships
- Learn about the importance of sharing as part of friendship and kindness
- Recognise what is fair and unfair
- Learn to take part in discussions with the whole class
- Understand our role in the class community
- How to contribute to the life of the classroom
- Understand that they belong to various groups and communities
- Develop a sense of belonging in the wider community
- Know how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know

Autumn 2

COOPERATION / EMOTIONS

Concepts

- Understand the difference between right and wrong
- Understand that all actions have consequences
- To take responsibility for our actions
- Learn from experiences
- Think about themselves, learn from experiences and recognise what they are good at
- Recognise choices that they can make and value their achievements

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- How to set simple goals and targets for themselves
- Recognise the importance of listening to other people
- Understand the importance of being able to work cooperatively
- Understand the concept of negotiation
- Understand the importance of being able to work and play cooperatively
- To take part in a simple debate about topical issues
- Communicate their feelings to others
- Share opinions and explain their views
- Listen to other people and work cooperatively

Spring 1

HYGIENE

Concepts

- Learn about the importance of and reasons for bathing and showering
- Understand the importance of maintaining personal hygiene
- Know about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist
- Learn about the importance of effective teeth cleaning and good dental hygiene
- Know about the importance of a healthy lifestyle
- Learn how to take care of teeth, in addition to brushing
- Understand the importance of dental hygiene
- Know the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth-decay) and other behaviours (e.g. the impact of alcohol on diet or health)
- Find out which foods are good for us
- Understand the importance of a healthy lifestyle, including dental hygiene
- Learn about the importance of medicine safety

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- Know that all household products, including medicines, can be harmful if not used properly

Spring 2

GROWING AND CHANGING

Concepts

- Identify and respect similarities and differences between boys and girls
- Learn about the process of growing from young to old
- Learn the names for different parts of the body
- Recognise similarities and differences based on gender
- Learn about the physical changes in our bodies as we grow
- Understand emotional changes as we grow up
- Know that they have rights over their own bodies
- Learn about how our needs change and grow as we develop
- Understand how muscles work
- Learn to make simple choices that improve their health and well-being
- Know simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests
- Know the importance of building regular exercise into daily and weekly routines and how to achieve this
- Know the importance of physical activity and rest as part of a balanced, healthy lifestyle

Summer 1

BULLYING AND FAIRNESS / COMMUNITIES

Concepts

- Know how to ask for advice or help for themselves or others, to keep trying until they are heard
- Know about different types of bullying, the impact of bullying, responsibilities of bystanders and how to get help

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- Understand who can help if someone is affected by bullying
- Understand that there are different types of bullying, that bullying is wrong and how to get help to deal with bullying
- Understand that family and friends should care for each other
- Learn strategies to cope with unfair teasing
- Understand that there are different types of teasing and bullying
- Understand the role of the local community
- Develop a strong relationship within the local community
- Understand the importance of shared responsibility within all communities
- Learn to be responsible for our actions
- Learn to be responsible for another living thing

Summer 2

HEALTHY LIFESTYLES / MONEY AND FINANCE

Concepts

- Know that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations
 - Learn about a range of different feelings and emotions
 - Understand that it is acceptable to feel a range of emotions
 - Learn about the importance of love
 - Recognise, name and manage their feelings in a positive way
 - Understand and be aware of the different ways to show sadness
 - Understand about coping with change and loss
 - Understand the importance of managing money carefully
 - Understand the importance of choices and spending money wisely
- Gain a basic understanding of enterprise

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