




PHSEE - Year 2

Concepts			
	 Relationships <small>Relationships</small>	 Keeping Safe <small>Keeping Safe</small>	 Identity <small>Identity</small>
Term	Theme	Unit Overview	
Autumn 1	Healthy minds and healthy bodies Exercise and nutrition to look after our bodies and minds Hygiene	1. Hand washing and staying healthy 2. How exercise and healthy food keeps our minds and bodies healthy 3. Relaxation techniques 1 4. Relaxation techniques 2 5. Helpful and unhelpful thoughts 1 6. Helpful and unhelpful thoughts 2	
Autumn 2	Anti-bullying and Positive Friendships What is bullying? Turning bullying around Treating others fairly	1. What is bullying? 2. Turning bullying around 3. Treating other fairly	
Spring 1	Living and growing Parts of the body Naming body parts: differences between boys and girls Keeping our minds and bodies fit and healthy	1. Keeping ourselves healthy 2. Keeping our minds healthy 3. Differences: boys and girls 4. Naming body parts	
Spring 2	Managing change, coping with loss Making and breaking friendships Loss and bereavement	1. Managing difficulties in our friendships 2. Feeling 1- identifying a range of feelings 3. Feelings 2- when someone we love dies	
Summer 1	Safety Drug education: staying safe Stranger danger Road safety	1. Our senses help us to keep safe 2. Keeping ourselves safe at home 1 3. Keeping ourselves safe at home 2 4. Keeping our bodies safe 5. Keeping ourselves safe when we play outside 6. Keeping ourselves safe when crossing roads	

Summer 2	Safety Identity Feeling safe How trusted adults help us	<ol style="list-style-type: none">1. Celebrating ourselves; what does it mean to be me?2. How we feel safe3. What is meant by a trusted adult <ol style="list-style-type: none">1. Making safe decisions
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