



# Manor Drive Primary Academy

## PSHE Curriculum

### Year 2

Block One

## PSHE

### Relationships: Respecting Self and Others

How behaviour affects others; being polite and respectful

- About class rules, being polite to others, sharing and taking turns
- What kind and unkind behaviour mean in and out of school
- How kind and unkind behaviour can make people feel

## PSHE

Health and Wellbeing : Physical and Mental Health  
Keeping healthy; food and exercise; hygiene routines; sun safety

- What it means to be healthy and why it is important
- Ways to take of themselves on a daily basis
- About basic hygiene routines, e.g. hand washing
- About healthy and unhealthy food, including sugar intake

<https://pshe-association.org.uk/curriculum-and-resources/resources/ks1-2-health-education-food-choices-physical>

[https://nationalschoolpartnership.com/initiatives/soaper-heroes/?utm\\_source=NSP&utm\\_medium=PSHE&utm\\_campaign=LBY3&utm\\_content=PSHEAssociation](https://nationalschoolpartnership.com/initiatives/soaper-heroes/?utm_source=NSP&utm_medium=PSHE&utm_campaign=LBY3&utm_content=PSHEAssociation)

## PSHE

Living in the Wider World: Belonging to a community  
What rules are; caring for others' needs; looking after the environment

- About examples of rules in different situations e.g. class/school rules, rules at home, rules outside
- That different people have different needs
- How we care for people, animals and other living things in different ways.

# Block Two

# PSHE

Relationships: Safe Relationships

Managing secrets; resisting pressure and getting help; recognising hurtful behaviour

- How to recognise hurtful behaviour, including online
- What to do and whom to tell if they see or experience hurtful behaviour, including online
- About what bullying is and different types of bullying
- How someone may feel if they are being bullied

[https://www.thinkuknow.co.uk/4\\_7/](https://www.thinkuknow.co.uk/4_7/)

## PSHE

### Health and Wellbeing: Growing and Changing Growing older; naming body parts;

- About the human life cycle and how people grow from young to old
- How our needs and bodies change as we grow up
- To identify and name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles)
- About change as people grow up, including new opportunities and responsibilities

*Note: When talking about the male and female genitalia, highlight the NSPCC underwear rule whilst noting that this does not need to be taught in-depth in this lesson. One way of doing this in the lesson is to point out that we do not usually look at or touch each other's private parts: these are parts of the body covered by our underwear that we have the right to keep private or to ourselves.*



Pupils may have been using a variety of different words to name the male and female genitalia/sex parts, but this lesson directly teaches the correct terminology. It is important for younger pupils to know how to name their body parts correctly as this contributes to safeguarding—helping them to take care of their bodies and keep themselves safe. This is built on later in key stage 2, when pupils learn about puberty and the changes when growing from children to adults. This lesson is taught within the context of other learning about similarities and differences.

It is important to choose language that is inclusive, and acknowledges that whilst when babies are born the midwife or doctor will usually say they are either a boy (male) or girl (female) based on their genitalia, sometimes this is not clear (in the case of intersex children). This language also reflects that sometimes the biological sex a child is assigned at birth is not the same as the gender they identify as. This concept is not taught directly or in depth at this stage. If you have pupils who identify as non-binary or trans, please discuss the lesson content and approach with their parent(s) or carer(s) before teaching the lesson.

***Female genitalia (parts that determine sex):***

**Vulva:** the area between the legs, which includes the openings to the vagina and urethra, the clitoris and the soft skin covering them

**Vagina:** the small opening between the legs — a small tube from the outside to the inside of the body

***Other keywords that are optional to cover***

**Clitoris:** the button-shaped bump above the vagina

**Urethra:** the tiny opening near the vagina of a tiny tube through which urine ‘wee’ leaves the body

***Male genitalia (sex parts):***

**Penis:** the spongy tissue that dangles between the legs. Boys urinate ‘wee’ through a tube in their penis (the urethra)

**Testicles:** two plum-shaped ‘balls’ in a squashy bag (the scrotum) behind the penis

## PSHE

Living in the Wider World - Media literacy and digital resilience

The internet in everyday life; online content and information

- The ways in which people can access the internet, e.g. phones, tablets, computers, TVs
- To recognise the purpose and value of the internet in everyday life
- To recognise that some content on the internet is factual and some is for entertainment, e.g. news, games, videos

<https://www.cbbfc.co.uk/resources/key-stage-1-pshe-resource>

# Block Three

## PSHE

### Relationships - Friends and Family

Making friends: feeling lonely: getting help.

- How to be a good friends, e.g. kindness, listening, honesty
- About different ways that people meet and make friends
- Strategies for positive play with friends, e.g. joining in, including others etc.

## PSHE

### Health and Wellbeing: Keeping Safe

Safety in different environments; risk and safety at home; emergencies

- How to recognise risk in everyday situations, e.g. road, water and rail safety, medicines
- How to help keep themselves safe in familiar and unfamiliar environments, such as in school, online, 'out and about'
- To identify potentially unsafe situations, who is responsible for keeping them safe in these situations, and steps they can take to avoid or remove themselves from danger
- How to keep themselves safe at home in relation to electrical appliances, fire safety and medicines/household products

## PSHE

### Living in the Wider World - Money and work

What is money; needs and wants; looking after money

- About what money is and its different forms, e.g. coins, notes, and ways of paying for things, e.g. debit cards, electronic payments, phones
- How money can be kept and looked after
- About getting, keeping and spending money
- That people are paid money for the job that they do

<https://www.valuesmoneyandme.co.uk/>

# Block Four

## PSHE

### Relationships - Respecting Self and Others

Recognising things in common and differences; playing and working cooperatively; sharing opinions

#### Retrieval

- About the things that they have in common with their friends, classmates and other people
- How friends can have both similarities and differences
- How to play and work cooperatively in different groups and situations

#### New learning

- How to share their ideas and listen to others, take part in discussions and give reasons for their views.

FA Oracy expectations:

<https://drive.google.com/drive/folders/1gWCYbyPE2Yikhivclbl1gXDXr6SHdR1L>

<https://pshe-association.org.uk/curriculum-and-resources/resources/inclusion-belonging-addressing-extremism-%E2%80%94-ks1-2>



## PSHE

### Health and Wellbeing: Physical & Mental Health

Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help

#### Retrieval

- About routines and habits for maintaining good physical and mental health
- Why sleep and rest are important for growing and keeping healthy
- That medicines, including vaccinations and immunisations, can help people stay healthy and manage allergies
- The importance of, and routines for, brushing teeth and visiting the dentist
- About food and drink that affect dental health

#### New learning

- How to describe and share a range of feelings
- Ways to feel good, calm down or change their mood
- How to manage big feelings, including those associated with change, loss and bereavement
- When, and how, to ask for help, and how to help others with their feelings

<https://www.winstonswish.org/pshe-lessons/>

## PSHE

### Living in the Wider World - Belonging to a Community

Belonging to groups; roles and responsibilities; being the same and different in the community

#### Retrieval

- About being part of different groups, and the role they play in these groups, e.g. class, teams, faith groups
- About different rights and responsibilities that they have in school and the wider community
- About how a community can help people from different groups to feel included

#### New learning

- To recognise that they are all equal, and ways in which they are the same and different to those in their communities

<https://pshe-association.org.uk/curriculum-and-resources/resources/inclusion-belonging-addressing-extremism-%E2%80%94-ks1-2>

# Block Five

# PSHE

Relationships: Safe Relationships

Managing secrets; resisting pressure and getting help; recognising hurtful behaviour

## Retrieval

- How to recognise hurtful behaviour, including online
- What to do and whom to tell if they see or experience hurtful behaviour, including online
- About what bullying is and different types of bullying
- How someone may feel if they are being bullied

## New learning

- About the difference between happy surprises and secrets that make them feel uncomfortable or worried and how to get help
- How to resist pressure to do something that feels uncomfortable or unsafe
- How to ask for help if they feel unsafe or worried and what vocabulary to use

[https://www.thinkuknow.co.uk/4\\_7/](https://www.thinkuknow.co.uk/4_7/)

## PSHE

Health and Wellbeing: Growing and Changing  
Growing older; naming body parts; moving class or year

### Retrieval

- About the human life cycle and how people grow from young to old
- How our needs and bodies change as we grow up
- To identify and name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles)
- About change as people grow up, including new opportunities and responsibilities

### New learning

- Preparing to move to a new class and setting goals for the new year

Pupils may have been using a variety of different words to name the male and female genitalia/sex parts, but this lesson directly teaches the correct terminology. It is important for younger pupils to know how to name their body parts correctly as this contributes to safeguarding—helping them to take care of their bodies and keep themselves safe. This is built on later in key stage 2, when pupils learn about puberty and the changes when growing from children to adults. This lesson is taught within the context of other learning about similarities and differences.

It is important to choose language that is inclusive, and acknowledges that whilst when babies are born the midwife or doctor will usually say they are either a boy (male) or girl (female) based on their genitalia, sometimes this is not clear (in the case of intersex children). This language also reflects that sometimes the biological sex a child is assigned at birth is not the same as the gender they identify as. This concept is not taught directly or in depth at this stage. If you have pupils who identify as non-binary or trans, please discuss the lesson content and approach with their parent(s) or carer(s) before teaching the lesson.

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## PSHE

Living in the Wider World - Media literacy and digital resilience  
The internet in everyday life; online content and information

### Retrieval

- The ways in which people can access the internet, e.g. phones, tablets, computers, TVs
- To recognise the purpose and value of the internet in everyday life
- To recognise that some content on the internet is factual and some is for entertainment, e.g. news, games, videos

### New learning

- That information online may not always be true

<https://www.cbbfc.co.uk/resources/key-stage-1-pshe-resource>

Block Six



## PSHE

### Relationships - Friends and Family

Making friends: feeling lonely: getting help.

#### Retrieval

- How to be a good friends, e.g. kindness, listening, honesty
- About different ways that people meet and make friends
- Strategies for positive play with friends, e.g. joining in, including others etc.

#### New learning

- About what causes arguments between friends
- How to positively resolve arguments between friends
- How to recognise and ask for help when they are feeling lonely or unhappy or how to help someone else.

## PSHE

### Health and Wellbeing: Keeping Safe

Safety in different environments; risk and safety at home; emergencies

#### Retrieval

- How to recognise risk in everyday situations, e.g. road, water and rail safety, medicines
- How to help keep themselves safe in familiar and unfamiliar environments, such as in school, online, 'out and about'
- To identify potentially unsafe situations, who is responsible for keeping them safe in these situations, and steps they can take to avoid or remove themselves from danger
- How to keep themselves safe at home in relation to electrical appliances, fire safety and medicines/household products

#### New learning

- About things people can put into their body or onto their skin (e.g. medicines and creams) and how these can affect how people feel
- How to respond if there is an accident or someone is hurt
- About whose job it is to keep us safe and how to get help in an emergency, including how to dial 999 and what to say

## PSHE

### Living in the Wider World - Money and work

What is money; needs and wants; looking after money

#### Retrieval

- About what money is and its different forms, e.g. coins, notes, and ways of paying for things, e.g. debit cards, electronic payments, phones
- How money can be kept and looked after
- About getting, keeping and spending money
- That people are paid money for the job that they do

#### New learning

- How to recognise the difference between needs and wants
- How people make choices about spending money, including thinking about needs and wants.

<https://www.valuesmoneyandme.co.uk/>