



**St Anthony of Padua Catholic Primary School Long Term Plan**  
**PSHE/RSHE Medium Term Plan – Year 2**

Term	Topic	Lessons	Resources
Autumn Term Relationships	<b>Family and Friendships</b>	Lesson 1 - To learn how friendships are made.	PSHE Association Resource
	Making friends; feeling lonely and getting help	Lesson 2 - To learn that falling out and making up are normal in friendships, and how to seek help if a friendship is causing unhappiness.	
		Lesson 3 - To learn about kind behaviour and what to do if they witness unkind behaviour.	
	<b>Safe Relationships</b>	Lesson – To learn that a feature of positive family life is caring relationships; about the different ways in which people care for one another. -To learn about what constitutes a positive healthy friendship; that the same principles apply to online friendships as to face-to-face relationships.	Twinkl – Be Yourself
	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Lesson 2 – To learn that friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely	
		Lesson 3 – To learn strategies for recognising and managing peer influence and a desire for peer approval in friendships; to recognise the effect of online actions on others. -To learn how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this.	
	<b>Respecting ourselves and others</b>	Lesson 1 - About the ways in which they are the same and different to others and that there is a great deal they share in common.	PSHE Association Resource
	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Lesson 2 - I know a range of words to describe positive emotions. I understand what a relationship is. I know positive relationships create positive emotions.	SIL – PSHE Association
		Lesson 3 - I know a range of words to describe negative emotions. I understand that someone's feelings can be hurt because of another person.	



**St Anthony of Padua Catholic Primary School Long Term Plan**  
**PSHE/RSHE Medium Term Plan – Year 2**

<b>Spring Term</b> Living in the wider world	<b>Belonging to a community</b>  Belonging to a group; roles and responsibilities; being the same and different in the community	Lesson 1 – To learn how friendships are made.  Lesson 2 - To learn that falling out and making up are normal in friendships, and how to seek help if a friendship is causing unhappiness.  Lesson 3 - To learn about kind behaviour and what to do if they witness unkind behaviour.	PSHE Association Resource			
	<b>Media Literacy and Digital Resilience</b>  My Online Life Taught through computing	Lesson 1 - Can you trust everyone you meet online?  Lesson 2 - How do you use the internet to communicate?  Lesson 3 - Do you always think before you post or comment online?  Lesson 4 - Do you understand the terms online bullying and the consequences of it?  Lesson 5 - Can you believe everything you read online?  Lesson 6 - How should I behave online?  Lesson 7 - How can we make our online lives secure?  Lesson 8 - Who owns the information on the internet?		Knowsley CLC Computing Planning		
	<b>Money and work – Do the right thing.</b>  What money is; needs and wants; looking after money	Lesson 1 – Lily’s Dilemma  Lesson 2 – What’s the value?  Lesson 3 – Things that money can’t buy.			PSHE Association Resource	
	<b>Summer Term</b> Health and Wellbeing	<b>Physical health and Mental wellbeing</b>  Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Lesson 1 - About the things that will help us to fall asleep and get a good night’s sleep  Lesson 2 - To learn about things that go into bodies and onto skin and how this can make people feel.  Lesson 3 - To learn about medicines, and the people who help them to stay healthy.  Lesson 4 - To learn about rules for keeping safe around medicines and other household products.			PSHE Association Resource



## St Anthony of Padua Catholic Primary School Long Term Plan



### PSHE/RSHE Medium Term Plan – Year 2

<b>Growing and changing</b> <b>Taught throughout the year – Journey in Love</b> One lesson will be taught each term	Whole Unit - Children know and understand that they are growing and developing in a God-given community.	Journey in Love Resource – Taught throughout the year
	Lesson 1 - To learn about ways to keep safe at home.	
<b>Keeping safe</b>  Safety in different environments; risk and safety at home; emergencies	Lesson 2 - To learn how to keep safe when crossing the road.	PSHE Association Resource
	Lesson 3 - To learn about rail safety.	