



# 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>  Making friends; feeling lonely and getting help	Lesson 1 - To learn how friendships are made.	<a href="https://pshe-association.org.uk/resource/friendship-and-bullying?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=friendship-and-bullying">https://pshe-association.org.uk/resource/friendship-and-bullying?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=friendship-and-bullying</a>
		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>  Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Lesson 1 – 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
		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>  Recognising things in common and differences; playing and working cooperatively; sharing opinions	Lesson 1 - To learn how to work and play with others	<a href="https://pshe-association.org.uk/resource/learning-and-playing-together?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=learning-and-playing-together">https://pshe-association.org.uk/resource/learning-and-playing-together?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=learning-and-playing-together</a>
		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.	
Spring Term 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 that everyone is equal, regardless of their similarities and differences	<a href="https://pshe-association.org.uk/resource/inclusion-belonging-addressing-extremism-ks1-2?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=inclusion-belonging-ks1-2">https://pshe-association.org.uk/resource/inclusion-belonging-addressing-extremism-ks1-2?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=inclusion-belonging-ks1-2</a>



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	<b>Media Literacy and Digital Resilience</b>  My Online Life Taught through computing	Lesson 1 - Can you trust everyone you meet online?	Knowsley CLC Computing Planning
		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?	
	<b>Money and work – Do the right thing.</b> What money is; needs and wants; looking after money	Lesson 1 – Lily’s Dilemma	PSHE Association Resource <b>Ed and Bunny raise some money. Linked to Lily’s Dilemma) Needs and Wants: Trip to Antarctica.</b>
		Lesson 2 – What’s the value?	
		Lesson 3 – Things that money can’t buy.	
Summer Term 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	<a href="https://pshe-association.org.uk/resource/the-sleep-factor-ks1-2?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=sleep-factor-ks1-2">https://pshe-association.org.uk/resource/the-sleep-factor-ks1-2?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=sleep-factor-ks1-2</a>
		Lesson 2 - To learn about things that go into bodies and onto skin and how this can make people feel.	<a href="https://pshe-association.org.uk/resource/drugs-alcohol-education-ks1-4?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=drugs-alcohol-ks1-4">https://pshe-association.org.uk/resource/drugs-alcohol-education-ks1-4?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=drugs-alcohol-ks1-4</a>
		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.	
	<b>Growing and changing 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
	<b>Keeping safe</b>	Lesson 1 - To learn about ways to keep safe at home.	<a href="https://pshe-association.org.uk/resource/keeping-safe-at-home-lessons?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=keeping-safe-at-home">https://pshe-association.org.uk/resource/keeping-safe-at-home-lessons?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=keeping-safe-at-home</a>
		Lesson 2 - To learn how to keep safe when crossing the road.	



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	Safety in different environments; risk and safety at home; emergencies	Lesson 3 - To learn about rail safety.	<a href="https://pshe-association.org.uk/resource/road-rail-safety?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=road-rail-safety">https://pshe-association.org.uk/resource/road-rail-safety?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=road-rail-safety</a>
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