

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



Term	Topic	Lessons	Resources
	Family and Friendships Making friends; feeling lonely and getting help	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.	https://pshe-association.org.uk/resource/friendship-and- bullying?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=friendship- and-bullying
Autumn Term Relationships	Safe Relationships Managing secrets; resisting pressure and getting help; recognising hurtful behaviour Respecting ourselves and others	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. 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. Lesson 1 - To learn how to work and play with others	Twinkl — Be Yourself https://pshe-association.org.uk/resource/learning-and-playing-together?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=learning-and-playing-together
	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. 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.	SIL — PSHE Association https://pshe-association.org.uk/resource/inclusion-belonging-addressing-extremism-ks1-
Spring Term Living in the wider world	Belonging to a community 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	27utm campaign=Programme%20Builder%20tracking%20links&utm source=inclusion-belonging-ks1-2

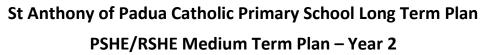


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	Media Literacy and Digital Resilience	Lesson 1 - Can you trust everyone you meet online? Lesson 2 - How do you use the internet to communicate?	Knowsley CLC Computing Planning
	My Online Life Taught through computing	Lesson 3 - Do you always think 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?	
	Money and work – Do the right	Lesson 1 – Lily's Dilemma	PSHE Association Resource
	thing.	Lesson 2 – What's the value?	Ed and Bunny raise some money. Linked to Lily's
	What money is; needs and wants; looking after money	Lesson 3 – Things that money can't buy.	Dilemma) Needs and Wants: Trip to Antarctica.
	Physical health and Mental wellbeing	Lesson 1 - About the things that will help us to fall asleep and get a good night's sleep	https://pshe-association.org.uk/resource/the-sleep-factor-ks1- 2?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=sleep-factor-ks1- 2
	Why sleep is important; medicines and keeping healthy; keeping teeth	Lesson 2 - To learn about things that go into bodies and onto skin and how this can make people feel.	https://pshe-association.org.uk/resource/drugs-alcohol-education-ks1- 4?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=drugs-alcohol- ks1-4
n eing	healthy; managing feelings and asking for help	Lesson 3 - To learn about medicines, and the people who help them to stay healthy.	
Summer Term Health and Wellbeing		Lesson 4 - To learn about rules for keeping safe around medicines and other household products.	
Sur Health	Growing and changing Taught throughout the year – Journey in Love 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
	Keeping safe	Lesson 1 - To learn about ways to keep safe at home.	https://pshe-association.org.uk/resource/keeping-safe-at-home-lessons?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=keeping-safe-at-home
		Lesson 2 - To learn how to keep safe when crossing the road.	







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