



PSHE in Year 2 at Plymouth Grove

PSHE (Personal, Social, Health and Economic) education is a crucial part of a child's education. It gives children access to information about themselves and the world around them, and encourages them to explore big ideas and conversations. At the heart of this, we encourage respect and understanding of the universal rights of the child, as set out in the UNCRC. We teach PSHE weekly, following the National Curriculum, and it is led by our class teachers. Our curriculum is split into the three key themes of **Health and Wellbeing**, **Relationships** and **Living in the Wider World**. Every lesson, we will explore a question together - below, you can see an overview of what your child will be studying this year.

Health and Wellbeing	Relationships	Living in the Wider World
<p>What feelings might I have?</p> <p>What helps me to feel good?</p> <p>How might my feelings change?</p> <p>When should I ask for help with my feelings?</p> <p>How can rules keep me safe?</p> <p>How can I make safe decisions?</p> <p>What should I trust online?</p> <p>Who should I tell if I don't feel safe or happy?</p> <p>What can help me to be healthy?</p> <p>Why can sugar be a problem?</p> <p>How much exercise and sleep should I get?</p> <p>What different ways can I play?</p> <p>How can I keep safe in the sun?</p> <p>How can I manage change?</p>	<p>How can I make friends?</p> <p>What makes a good friend?</p> <p>How can I solve arguments?</p> <p>Who should I tell if I feel lonely or unhappy about a friendship?</p> <p>How can my words or actions affect other people?</p> <p>When should or shouldn't I touch someone?</p> <p>What behaviour is unacceptable?</p> <p>What should I do if other people are being hurtful?</p> <p>How can I stop hurtful behaviour? Who should I tell?</p> <p>What is peer pressure?</p> <p>When should I keep a secret?</p>	<p>What rights do we have and how are they protected?</p> <p>What jobs do people do?</p> <p>Why do people have jobs?</p> <p>What strengths and interests do I have?</p> <p>Why do some children have to work?</p>

We are happy to further discuss the PSHE curriculum - please see your child's teacher for more details.