



## Our PSHE lessons this half term in Year 2

This half term, our classes will all be learning about the topic 'Being my best' in PSHE. The majority of the content in these lessons is now statutory, in line with the Relationships and Health curriculum that became compulsory for schools in September 2020. When this was introduced we underwent a period of consultation where the proposed changes were set out and parents were invited to give feedback, and this helped us to shape our curriculum.

We feel it would be useful for our parents and carers to have a clear idea of what sort of content is being introduced in our lessons as they are REALLY important topics and often provoke discussion and questions which may also be brought home. Please rest assured that all lesson content is handled with sensitivity, respect and in an age appropriate manner, with much of the focus being around keeping ourselves safe and both physically and mentally healthy.

If you would like any further information about the relationships and health learning that is taking place then please do not hesitate to get in touch with your class team in the usual way. We are here to help! ☺

Mrs Helen Jones

PSHE lead teacher

Lesson	Lesson Focus	Lesson Content
1	You can do it!	Explain the stages of the learning line showing an understanding of the learning process; Help themselves and others develop a positive attitude that support their wellbeing; Identify and describe where they are on the learning line in a given activity and apply its positive mindset strategies to their own learning.
2	My day	Understand and give examples of things they can choose themselves and things that others choose for them; Explain things that they like and dislike, and understand that they have choices about these things; Understand and explain that some choices can be either healthy or unhealthy and can make a difference to their own health.
3	Harold's Postcard- Helping us to keep clean and healthy	Explain how germs can be spread; Describe simple hygiene routines such as hand washing; Understand that vaccinations can help to prevent certain illnesses.
4	Harold's Bathroom- Keeping your teeth clean and healthy.	Explain the importance of good dental hygiene; Describe simple dental hygiene routines.
5	What does my body do?	Name major internal body parts (heart, blood, lungs, stomach, small and large intestines, brain);

		Describe how food, water and air get into the body and blood.
6	My body needs...	Understand that the body gets energy from food, water and oxygen; Recognise that exercise and sleep are important to health
7	Basic first aid	