



PSHE: Long Term Plan - Year 2/3

'Do everything in love' (1 Corinthians 16:14)

Term	Topic	Objectives	Learning Outcomes
Autumn Term – Relationships	Respecting Ourselves and Others	Making friends, feeling lonely and getting help	<p>To know how to be a good friend, e.g. kindness, listening, honesty.</p> <p>To know about different ways that people meet and make friends.</p> <p>To understand strategies for positive play with friends, e.g. joining in, including others, etc.</p> <p>To appreciate what causes arguments between friends and how to positively resolve arguments between friends.</p> <p>To know how to recognise, and ask for help, when they are feeling lonely or unhappy or to help someone else.</p>
	Families and Friendships	Managing secrets, personal boundaries	<p>To know about the difference between happy surprises and secrets that make them feel uncomfortable or worried, and how to get help.</p> <p>To appreciate what is appropriate to share with friends, classmates, family and wider social groups including online and what privacy and personal boundaries are, including online.</p> <p>To understand basic strategies to help keep themselves safe online e.g. passwords, using trusted sites and adult supervision.</p>
	Safe Relationships	Recognising things in common and differences, the importance of self respect	<p>To know about the things they have in common with their friends, classmates, and other people.</p> <p>To appreciate how friends can have both similarities and differences.</p> <p>To be able to model respectful behaviour in different situations e.g. at home, at school, online.</p> <p>To understand the importance of self-respect and their right to be treated respectfully by others.</p> <p>To know what it means to treat others, and be treated, politely.</p>
Spring Term – Living in the Wider World	Belonging to a Community	Belonging to a group, being the same and different in a community	<p>To understand how to be a part of different groups, and the role they play in these groups e.g. class, teams, faith groups.</p> <p>To have an understanding of how a community can help people from different groups to feel included.</p> <p>To be able to recognise that they are all equal, and ways in which they are the same and different to others in their community.</p>



	Media literacy and digital resilience	The internet in everyday life, how the internet is used	<p>To understand the ways in which people can access the internet e.g. phones, tablets, computers.</p> <p>To be able to recognise the purpose and value of the internet in everyday life.</p> <p>To know how the internet can be used positively for leisure, for school and for work.</p> <p>To know how to report something seen or experienced online that concerns them e.g. images or content that worry them, unkind or inappropriate communication.</p>
	Money and work	What money is, looking after money, using and keeping money safe, needs and wants	<p>To have a secure knowledge about what money is and its different forms e.g. coins, notes, and ways of paying for things e.g. debit cards, electronic payments.</p> <p>To know how money can be kept and looked after.</p> <p>To understand getting, keeping and spending money and that people are paid money for the job they do.</p> <p>To know how to recognise the difference between needs and wants.</p> <p>To know how people make choices about spending money, including thinking about needs and wants.</p>
Summer Term – Health and Wellbeing	Physical health and mental wellbeing	keeping healthy, health choices and habits, keeping teeth healthy	<p>To understand about routines and habits for maintaining good physical and mental health and why sleep and rest are important for growing and keeping healthy.</p> <p>To appreciate that medicines, including vaccinations and immunisations, can help people stay healthy and manage allergies.</p> <p>To know about the choices that people make in daily life that could affect their health.</p> <p>To be able to identify healthy and unhealthy choices (e.g. in relation to food, exercise, sleep).</p> <p>To know what can help people to make healthy choices and what might negatively influence them.</p> <p>To know about habits and that sometimes they can be maintained, changed or stopped</p> <p>To understand what is meant by a healthy, balanced diet including what foods should be eaten regularly or just occasionally.</p> <p>To appreciate that regular exercise such as walking or cycling has positive benefits for their mental and physical health.</p> <p>To understand the importance of, and routines for, brushing teeth and visiting the dentist and how food and drink choices affect dental health.</p>



	Growing and changing	Naming body parts, growing older	To be able to identify and name the main parts of the body including external genitalia (e.g.vulva, vagina, penis, testicles). To know about the human life cycle and how people grow from young to old and how our needs and bodies change as we grow up.
	Keeping safe	Safety in different environments, safety in the local environment and unfamiliar places	To know how to recognise risk in everyday situations, e.g. road, water and rail safety, medicines. To know how to help keep themselves safe in familiar and unfamiliar environments, such as in school, online and 'out and about' To be able to identify potential unsafe situations, who is responsible for keeping them safe in these situations, and steps they can take to avoid or remove themselves from danger. To know the importance of following safety rules from parents and other adults. To know how to help keep themselves safe in the local environment or unfamiliar places, including road, rail, water and firework safety.