

PSHE Curriculum (2026-2027)

Year Two

Autumn 1

Mental Health and Wellbeing

Big Question: How can we look after our minds as well as our bodies?

<u>Key learning:</u> <u>Children will learn:</u> - to recognise a wider range of emotions - that feelings can change throughout the day - simple strategies to manage worries and frustrations - how to build resilience when things are difficult - how to talk to trusted adults about their feelings - how to recognise and celebrate their strengths and achievements	<u>Four Stars Connection</u> ★ ★ Stargaze What goals and hopes do I have for this year? ★ Spirit How can I encourage myself and others? ★ Strive What can I do when something feels challenging? ★ Sparkle What achievements am I proud of?	<u>British Values Links</u> Sharing feelings and Democracy listening to others respectfully. Rule of Law Understanding routines that support wellbeing. Individual Liberty Recognising that everyone experiences feelings differently. Mutual Respect Showing empathy towards others. Understanding that people Tolerance may respond differently to challenges. -
<u>RSE Link</u> Children begin to understand: - emotional wellbeing - self-esteem - positive relationships - seeking support from trusted adults	<u>Key Vocabulary</u> emotion wellbeing resilience confidence calm challenge support encourage achievement proud	<u>Recommended Books</u> 📖 The Huge Bag of Worries - Virginia Ironside Discussion: - Why is it helpful to talk about worries? - What might make a worry feel smaller? ★ Four Stars: Spirit - supporting ourselves and others. The Koala Who Could -Rachel Bright Discussion: - How did the character show courage? - When have you tried something new? Four Stars: Stargaze - believing in our potential.

Autumn 2

Keeping Safe Online

Big Question - How can we enjoy being online safely and responsibly?

<u>Key learning:</u> <u>Children will learn:</u> - how the internet can be used safely for learning and enjoyment - why personal information should be kept private - what personal information includes - how to recognise trusted adults who can help with online worries - that not everything online is true - how to respond if something online makes them feel worried, scared or confused - how to be kind and respectful when communicating online - why passwords help keep information safe (without sharing passwords)	<u>Four Stars Connection</u> ★ ★ Stargaze How can technology help me learn and achieve my goals? Children recognise that technology can support creativity, curiosity and learning. ★ Spirit How can I be kind and respectful online? Children understand that the same expectations for kindness apply online. ★ Strive How can I make safe choices when using technology? Children develop confidence in making sensible decisions when online. ★ Sparkle How can I use technology in positive ways? Children celebrate responsible online behaviour and recognise how technology can support learning.	<u>British Values Links</u> Democracy Respecting other people's opinions when communicating online. Rule of Law Understanding that online rules help keep everyone safe. Individual Liberty Making safe and responsible choices online. Mutual Respect Treating others kindly online. Tolerance Respecting different people and different opinions online. -
<u>RSE Link</u> Children begin to understand: - respectful relationships - personal boundaries - seeking help from trusted adults - recognising unsafe situations - communicating respectfully with others	<u>Key Vocabulary</u> internet online offline device personal information private password trusted adult safe unsafe kind respect website search	<u>Recommended Books</u> 📖 Penguin Pig Why this book? Helps children think about online behaviour and staying safe while using technology.

Spring 1

Me, My Body and Staying Safe

Big Question - How can I look after my body and keep myself safe?

Key learning:

Children will learn:

- that their body belongs to them
- the correct names for external body parts, including the correct names for private parts (using agreed school/PSHE Association vocabulary)
- that some parts of the body are private
- the difference between appropriate and inappropriate touch
- that everyone has the right to say "no" if something makes them feel uncomfortable or unsafe
- that secrets which make us feel worried, frightened or unsafe should always be shared with a trusted adult
- who trusted adults are and when to ask for help
- that medicines should only be given by trusted adults
- simple ways to keep themselves physically safe in everyday situations

Four Stars Connection ★

★ Stargaze- How can looking after my body help me achieve my goals?

Children recognise that keeping healthy and safe helps them enjoy learning and everyday life.

★ Spirit- How can I respect my own body and the bodies of others?

Children understand that everyone deserves to feel safe, respected and valued.

★ Strive - How can I make safe choices when something doesn't feel right?

Children develop confidence to speak up and seek help.

★ Sparkle - How have I grown in confidence and independence?

Children celebrate learning how to keep themselves safe.

British Values Links

Democracy Listening to others respectfully and recognising everyone's right to be heard.

Rule of Law Understanding why safety rules and boundaries exist.

Individual Liberty Knowing that everyone has choices about their own body and personal space.

Mutual Respect Respecting personal boundaries and treating others with kindness.

Tolerance Recognising and respecting that everyone is different.

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RSE Link

Children begin to understand:

- body ownership
- privacy
- personal boundaries
- trusted adults
- respectful relationships
- personal safety
- seeking help

Key Vocabulary

body
private parts
privacy
boundary
personal space
safe
unsafe
comfortable
uncomfortable
trusted adult
choice
respect
permission

Recommended Books

Pantosaurus - Why this book?

A child-friendly introduction to the NSPCC's PANTS rules, helping children understand body safety and personal boundaries.

Discussion Questions - What does it mean that our body belongs to us? Who can we talk to if we feel worried?

★ **Four Stars Link**

Spirit - respecting ourselves and others.

Spring 2

Money and Work

Big Question - Why is money important and how can we make sensible choices?

<u>Key learning:</u> <u>Children will learn:</u> - that money is used to buy goods and services - that money is earned through different types of work - that people have different jobs in the community - the difference between needs and wants - why it is important to save money - that we cannot always buy everything we want - how to make sensible spending choices - that people may spend and save money in different ways	<u>Four Stars Connection</u> ★ ★ Stargaze - How can I set a goal and work towards it? Children learn that saving money and making thoughtful choices can help them achieve future goals. ★ Spirit - How can I appreciate the work that people do to help others? Children recognise that every job contributes to the community and deserves respect. ★ Strive - How can I make responsible choices with money? Children understand that planning, saving and making thoughtful decisions require patience and perseverance. ★ Sparkle - What have I achieved by making sensible choices? Children celebrate moments when they have shown responsibility, patience and self-control.	<u>British Values Links</u> Democracy Understanding that people make different choices about spending and saving. Rule of Law Recognising that money is earned honestly and used responsibly. Individual Liberty Making informed choices about spending and saving. Mutual Respect Appreciating the work that people do in different careers. Tolerance Understanding that families may manage money in different ways.
<u>RSE Link</u> Children begin to understand: - appreciate the contributions of family members and carers - understand that adults have different responsibilities - respect that families have different lifestyles and circumstances - develop empathy and avoid making assumptions about what others have	<u>Key Vocabulary</u> money coins notes earn job work salary save spend budget needs wants choice responsibility community	<u>Recommended Books</u>  The Berenstain Bears' Trouble with Money Why this book? Encourages children to think about earning, saving and making thoughtful spending choices. Discussion Questions How did the bears earn money? What happened when they spent too quickly? Why is saving sometimes a better choice? ★ Four Stars Link Sparkle - feeling proud of responsible decisions.

Summer 1

Safety Outside the Home

Big Question - How can I stay safe when I am out and about?

<u>Key learning:</u> <u>Children will learn:</u> - how to stay safe when walking near roads - the importance of using pedestrian crossings safely - how to travel safely in cars, on bicycles and on public transport - why wearing a seatbelt and a cycle helmet is important - how to recognise and respond to hazards in the local community - how to contact the emergency services in an emergency - who trusted adults in the community are and how they can help - how to stay safe around water, parks and unfamiliar places - how to make safe choices when playing outside	<u>Four Stars Connection</u> ★ ★ Stargaze- How can making safe choices help me become more independent? Children recognise that learning how to keep themselves safe gives them greater confidence as they grow. ★ Spirit - How can I help keep myself and others safe? Children understand that their actions can protect both themselves and the people around them. ★ Strive- How can I make good decisions, even when I feel excited or distracted? Children develop self-control and resilience when faced with everyday risks. ★ Sparkle- How have I become more confident in keeping myself safe? Children celebrate the growing independence they have developed throughout the year.	<u>British Values Links</u> Democracy Listening to others and working together to keep everyone safe. Rule of Law Understanding that safety rules help protect everyone. Individual Liberty Making responsible choices to keep ourselves safe. Mutual Respect Respecting other road users and members of the community. Tolerance Recognising that everyone has different needs when travelling or accessing public spaces.
<u>RSE Link</u> Children begin to understand: - recognising trusted adults - making safe choices - respecting personal boundaries in public places - asking for help when needed - taking responsibility for their own safety	<u>Key Vocabulary</u> road safety hazard risk danger pedestrian crossing traffic seatbelt helmet emergency 999 trusted adult community safe unsafe responsibility	<u>Recommended Books</u> 📖 The Berenstain Bears Learn About Strangers Why this book? Supports conversations about recognising trusted adults, personal safety and making safe choices in unfamiliar situations. Discussion Questions Who are trusted adults in our community? What should we do if we get lost? ★ Four Stars Link Sparkle - feeling confident about staying safe.

Summer 2

Looking Back and Moving On

Big Question - How have I grown this year and how can I prepare for new challenges?

<u>Key learning:</u> <u>Children will learn:</u> - to reflect on how they have changed and grown during Year 2 - to recognise their achievements and successes - to identify new skills they have developed - to understand that change is a normal part of growing up - strategies to help manage change and new experiences - how to express worries and excitement about moving into Year 3 - how friendships may change and continue to grow - to set simple goals for the future	<u>Four Stars Connection</u> ★ ★ Stargaze- What would I like to achieve in Year 3? Children begin to think about their aspirations and set realistic goals for the future. ★ Spirit- How can I continue to be a kind, respectful and responsible member of my new class? Children reflect on the positive qualities they want to take forward. ★ Strive- How can I approach new challenges with confidence? Children recognise that making mistakes is part of learning and that perseverance helps us succeed. ★ Sparkle- What achievements make me most proud this year? Children celebrate both personal and academic successes and recognise how far they have come.	<u>British Values Links</u> Democracy Sharing reflections and listening respectfully to the experiences of others. Rule of Law Recognising the routines and expectations that help new classes work well together. Individual Liberty Setting personal goals and making positive choices for the future. Mutual Respect Celebrating everyone's achievements and encouraging one another. Tolerance Understanding that everyone experiences change differently and respecting those feelings.
<u>RSE Link</u> Children begin to understand: - managing change positively - developing resilience - maintaining healthy friendships - recognising trusted adults who can support transition - building self-confidence and self-esteem	<u>Key Vocabulary</u> transition change achievement goal aspiration confidence resilience challenge reflection proud support friendship growth future	<u>Recommended Books</u> 📖 The Most Magnificent Thing Why this book? A wonderful story about perseverance, creativity and learning from mistakes. Discussion Questions What helped the character succeed? Why is it okay to make mistakes? What have you achieved because you kept trying? ★ Four Stars Link Strive - persevering through challenges.