



Curriculum Progression Map

St Mary and St Joseph's RC Primary School PSHE Progression Grid – Year 2



Health & Well Being

Healthy Lifestyles

- To Learn:
- about the benefits of a healthy lifestyle
 - different ways to stay healthy
 - about what it means to make a real & informed choice
 - what can influence our choices
 - how choices influence the way we look & feel
 - about different kinds of feeling that are good and not so good
 - about the vocab we can use to describe feelings to others
 - how can we use simple strategies to manage feelings
 - about basic personal hygiene routines
 - about the importance of personal hygiene

Growing & Changing

- To Learn:
- about different kinds of change that have occurred since starting school
 - about loss that makes us feel sad (pet, recreative, house)
 - about helping others and ourselves manage sad feelings
 - about growing, changing and becoming more independent
 - about the opportunities & responsibilities that independence brings
 - about biological differences between male & female animals including humans and roles in life cycle
 - about importance of respecting differences and similarities between boys and girls
 - about ways to improve and learn from experience
 - how to recognize and celebrate what they are good at
 - how to set challenging goals

Keeping Safe

- To Learn:
- about the role of medicines
 - about the importance of keeping safe in different situations
 - about the different rules for keeping safe (road. Environment, online, in unfamiliar situations)
 - about the shared responsibility for keeping themselves and others safe
 - About the steps they can take to ensure their safety in class, on the playground, around the school and at home
 - About responses they can give to ensure their own safety and that of others

Relationships

Feelings & Emotions

- To Learn:
- about a wide range of feelings and how to manage them
 - about how to be sensitive to the feelings of others
 - about how different types of behaviour affects others
 - about how special people make a difference to our lives
 - how people's bodies and feelings can be hurt

Healthy Relationships

- To Learn:
- about the importance of not keeping adults' secrets, only surprises
 - about the importance of respect for differences and similarities between people
 - communication of ideas and views
 - affirming self and others
 - about the importance of listening to other people and find ways to resolve disagreements
 - about ways in which constructive support and feedback can help others and themselves
 - about appropriate and inappropriate touch
 - about ways to resist teasing and bullying
 - how coping strategies can be used

Valuing Difference

- To Learn:
- about what fair and unfair means
 - about the impact of kindness and unkindness on self and others
 - about right and wrong
 - about sharing opinions and explaining personal viewpoints
 - how to take part in a simple class debate

Living in the wider world

Rights & Responsibilities

To Learn:

- about the skills necessary to contribute to the life of the classroom
- how group and class rules help us
- about the responsibilities they have for others
- about groups and communities that they belong to

Taking care of the environment

To Learn:

- about what improves and harms their local, natural and built environments

Money matters

To Learn:

- about what money can be used for
- about the role of money in their lives