

Year 2 Medium Term Planning PSHE Terms 1

Theme: Health and Wellbeing			
Planning grid:	Topic:	Essential skills and attributes developed:	Key words:
H1 wk 1-2	Healthy Lifestyles	Developing and maintaining a healthy self-concept (including self-confidence, realistic self-image, self-worth, assertiveness, self-advocacy and self-respect) Identification, assessment (including prediction) and management of positive and negative risk to self and others Identify links between values and beliefs, decisions and actions	health, wellbeing, healthy eating, physical activity, sleep, dental health
H13 / H14 / H15 wk 3/4	Keeping Safe		asking for help
H1 Wk 5	Healthy Lifestyles Recap	Developing and maintaining a healthy self-concept (including self-confidence, realistic self-image, self-worth, assertiveness, self-advocacy and self-respect) Identification, assessment (including prediction) and management of positive and negative risk to self and others Identify links between values and beliefs, decisions and actions	health, wellbeing, healthy eating, physical activity, sleep, dental health

Year 2 Medium Term Planning PSHE Term 2

Theme: Relationships			
Planning grid:	Topic:	Essential skills and attributes developed:	Key words:
R1	Feelings and Emotions	Self-regulation (including promotion of a positive, growth mindset and managing strong emotions and impulses) Empathy and compassion (including impact on decision-making and behaviour)	communicating, feelings, empathy
R2/R4/R12	Feelings and Emotions	Self-regulation (including promotion of a positive, growth mindset and managing strong emotions and impulses) Empathy and compassion (including impact on decision-making and behaviour)	behaviour, fair/unfair, right/wrong,
R3	Healthy Relationships	Strategies for identifying and accessing appropriate help and support Recognising, evaluating and utilising strategies for managing influence Identification, assessment (including prediction) and management of positive and negative risk to self and	secrets, surprises, safety

		others	
R5	Healthy Relationships	<p>Clarifying own values (including reflection on the origins of personal values and beliefs) and reevaluating values and beliefs in the light of new learning, experiences and evidence</p> <p>Respect for others' right to their own beliefs, values and opinions</p> <p>Skills for employability, including</p> <ul style="list-style-type: none"> • Active listening and communication (including assertiveness skills) • Team working • Negotiation (including flexibility, selfadvocacy and compromise within a awareness of personal boundaries) • Leadership skills • Presentation skills 	sharing, discussion, views, opinions

Year 2 Medium Term Planning PSHE Term 3

Theme: Living in the Wider World			
Planning grid:	Topic:	Essential skills and attributes developed:	Key words:
L1/L2	Rights and responsibilities	Self-organisation (including time management) Empathy and compassion (including impact on decision-making and behaviour) Team working Identification, assessment (including prediction) and management of positive and negative risk to self and others Identify links between values and beliefs, decisions and actions	classroom rules
L3	Rights and responsibilities	Self-organisation (including time management) Empathy and compassion (including impact on decision-making and behaviour) Team working / Leadership skills	rights, responsibilities, needs
L4	Rights and responsibilities	Developing and maintaining a healthy self-concept (including self-confidence, realistic self-image, selfworth, assertiveness, self-advocacy and self-respect) Empathy and compassion (including impact on decision-making and behaviour) Valuing and respecting diversity	groups, communities, roles
L5	Taking Care of the Environment	Clarifying own values (including reflection on the origins of personal values and beliefs) and re-evaluating values and beliefs in the light of new learning, experiences and evidence Empathy and compassion (including impact on decision-making and behaviour) Identify links between values and beliefs, decisions and actions	environment

Year 2 Medium Term Planning PSHE Terms 4

Theme: Relationships			
Planning grid:	Topic:	Essential skills and attributes developed:	Key words:
R6/7	Healthy Relationships	Self-regulation (including promotion of a positive, growth mindset and managing strong emotions and impulses) <input type="checkbox"/> Active listening and communication (including assertiveness skills) <input type="checkbox"/> Team working <input type="checkbox"/> Negotiation (including flexibility, self-advocacy and compromise within an awareness of personal boundaries)	cooperating, resolving arguments
R8	Healthy Relationships	Developing and maintaining a healthy self-concept (including self-confidence, realistic self-image, self-worth, assertiveness, self-advocacy and self-respect) Valuing and respecting diversity	people, similarities, differences
R9	Feelings and Emotions	Developing and maintaining a healthy self-concept (including self-confidence, realistic self-image, self-worth, assertiveness, self-advocacy and self-respect) Clarifying own values	special people, caring
R10	Healthy Relationships	Strategies for identifying and accessing appropriate help and support Build and maintain healthy relationships of all kinds Identification, assessment (including prediction) and management of positive and negative risk to self and others	physical contact, touch, acceptable, unacceptable
R11	Feelings and Emotions	Resilience (including self-motivation, perseverance and adaptability) Strategies for identifying and accessing appropriate help and support Empathy and compassion (including impact on decision-making and behaviour)	feelings, bodies, hurt, comfortable, teasing, bullying
R13/14	Healthy Relationships	Strategies for identifying and accessing appropriate help and support Empathy and compassion (including impact on decision-making and behaviour)	teasing, bullying

Year 1 Medium Term Planning PSHE Terms 5

Theme: Living in the Wider World			
Planning grid:	Topic:	Essential skills and attributes developed:	Key words:
L6/L7	Money	Self-organisation Identify links between values and beliefs, decisions and actions	money, spending, saving, safety

		Making decisions	
L8	Rights and Responsibilities	Developing and maintaining a healthy self-concept (including self-confidence, realistic self-image, self-worth, assertiveness, self-advocacy and self-respect) Valuing and respecting diversity	everybody, individual, unique, special
L9	Rights and Responsibilities	Identifying unhelpful 'thinking traps' (e.g. generalisation and stereotyping) Valuing and respecting diversity	people, similarities, commonalities
L10	Rights and Responsibilities	Strategies for identifying and accessing appropriate help and support	community, special people, help, emergencies

Year 2 Medium Term Planning PSHE Terms 6

Theme: Health and Wellbeing			
Planning grid:	Topic:	Essential skills and attributes developed:	Key words:
H3	Growing and Changing	Self-improvement (including through constructive self-reflection, seeking and utilising constructive feedback and goal-setting) Resilience (including self-motivation, perseverance and adaptability) Self-regulation (including promotion of a positive, growth mindset) Developing and maintaining a healthy self-concept (including self-confidence, realistic self-image, self-worth, assertiveness, self-advocacy and self-respect) Enterprise skills and attributes (e.g. aspiration, creativity, goal setting, identifying opportunities, taking positive risks)	achievements, strengths, goals, target-setting
H4	Healthy Lifestyles	Self-regulation (including promotion of a positive, growth mindset) Empathy and compassion (including impact on decision-making and behaviour)	feelings, managing feelings
H6 / H7	Healthy Lifestyles	Self-organisation (including time management) Identification, assessment (including prediction) and management of positive and negative risk to self and others	hygiene, cleanliness, germs
H8 / H9	Growing and Changing	Resilience (including self-motivation, perseverance and adaptability) Developing and maintaining a healthy self-concept (including self-confidence, realistic self-image, self-worth, assertiveness, self-advocacy and self-respect)	growing, changing, young to old, independence
H11	Keeping Safe	Strategies for identifying and accessing appropriate help and support Identification, assessment (including prediction) and management of positive and negative risk to self and others Making decisions	medicines, household products, safety, risk
H12	Keeping Safe	Strategies for identifying and accessing help and support Recalling and applying knowledge creatively and in new situations Identification, assessment (including prediction) and management of positive and negative risk to self and others	safety, road, water rail, fire, online, rules

H16	Keeping Safe	Empathy and compassion (including impact on decision-making and behaviour) Strategies for identifying and accessing appropriate help and support Identification, assessment (including prediction) and management of positive and negative risk to self and others	privacy, respecting privacy
-----	--------------	--	-----------------------------