

Year 2 PSHE Summer term outline: Health and wellbeing			
Theme	Lesson	Learning outcome	Key questions
Physical health and mental wellbeing	1	<i>To learn about routines and habits for maintaining good physical and mental health.</i> Including why sleep and rest are important for growing and keeping healthy and to understand the importance of brushing teeth and visiting the dentist.	How do routines help our health?
	2	<i>To learn that medicines, including vaccinations and immunisations, can help people stay healthy and manage allergies.</i>	How can medicines help people to stay healthy?
	3	<i>To learn how to describe and share a range of feelings understand ways to feel good, calm down or change their mood e.g. playing outside, listening to music, spending time with others.</i>	How can we share our feelings with others?
	4	<i>To learn when and how to ask for help and how to help others with their feelings.</i>	How can we ask for help and help others with their feelings?
	5	<i>To learn how to manage big feelings including those associated with change, loss and bereavement.</i>	How can we manage our feelings?
Growing and changing	6	<i>To learn about the human lifecycle and how people grow from young to old. Including how our needs and bodies change as we grow up.</i>	How do humans grow?
	7	<i>To identify and name the main parts of the body including external genitalia.</i>	What are the different parts of the body?
	8	<i>To learn about change as people grow up, including new opportunities and responsibilities. Preparing to move to a new class and setting goals for next year.</i>	How can we prepare for change?
Keeping safe	9	<i>To learn how to recognise risk in everyday situations e.g. road, water and rail safety, medicines and how to help keep themselves safe at home in relation to electrical appliances, fire safety and medicines/household products.</i>	How can we recognise risks?
	10	<i>To learn how to keep themselves safe in familiar and unfamiliar environments, such as in school, online and 'out and about'. 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.</i>	How can we keep ourselves safe in different environments?
	11	<i>To learn how to respond if there is an accident and someone is hurt.</i>	How should we respond if someone is hurt?

	12	<i>To learn about whose job it is to keep us safe and how to get help in an emergency, including how to dial 999 and what to say.</i>	How can we help in an emergency?
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