



ALDER COPPICE PRIMARY SCHOOL UNIT INFORMATION

SUBJECT: PSHE 	YEAR 2	SUMMER TERM UNIT 5: 5a EHW – Learning to learn 5b R – Roles of different people	UNIT 6: 6a PHW – Healthy us: Body 6b EHW – Healthy us: Minds 6c EHW – Moving on
Knowledge Focus	Core Theme 1: Health and Wellbeing (Emotional Health & Wellbeing Physical Health & Wellbeing)		Core Theme 2: Relationships
<u>PSHE Education Primary Toolkit 2020</u> Relationships R1 – H34 Health and Wellbeing H1 – H50 <i>Living in the Wider World</i> L1 – H32	Self-improvement (including through constructive self-reflection, seeking and utilising constructive feedback and goal-setting) 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).		Self-regulation (including promotion of positive, growth mindset and managing strong emotions and impulses). Empathy and compassion (including impact on decision-making and behaviour) Managing feelings. How we should we treat others people? How does our behaviour and choices impact on others?
Year 2 Summer 1 Unit 5	Learning to learn <ul style="list-style-type: none"> To describe what they are good at and how they know. To explain what they need help with. To recognise that it is ok to make mistakes and that they are part of learning. To review their own targets and set themselves realistic but challenging personal goals. To describe how their achievements are celebrated. 		Roles of different people <ul style="list-style-type: none"> To explain why special people are important in their lives and explore their roles. To describe the various groups and communities different people belong to. To describe the different kinds of ways people care for each other. To identify the range of groups they belong to (friends, class, year group, faith). To explain their own and others roles within the groups To describe the different rights and responsibilities they have in the groups they belong to.

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Year 2 Summer 2 Unit 6	Healthy us: Body <ul style="list-style-type: none">• To describe what being healthy means.• To know how good health depends on physical activity, rest, healthy eating, and taking care of their teeth.• To identify the benefits (short-term and long-term) of being active, taking rest, eating healthily and looking after their teeth.• To identify the impact on people don't look after their bodies.• To describe different ways in which they help keep themselves healthy. Healthy us: Minds <ul style="list-style-type: none">• To identify choices they can make about their health and wellbeing.• To identify some of the consequences of different choices, both good and not so good.• To identify who or what helps them make a choice.• To describe how it feels to make a choice that is good for our bodies. Moving on <ul style="list-style-type: none">• To describe ways they have grown and changed.• To identify ways they are more independent now from when they were younger.• To describe additional responsibilities they have now (in class, school and at home).• To identify how people's needs change as they grow older.• To describe different kinds of change or loss that they or others may have experienced.• To identify feelings people might have about different kinds of change or loss and describe how this can make someone behave.• To identify some ways to manage feelings associated with change.			