



Harehills Primary School Personal Social Health Education (PSHE) overview

Year 2		
Autumn 1	Spring 1	Summer 1
MindMate: Feeling Good & Being Me	MindMate: Life Changes	MindMate: Being the Same & Being Different
<p style="color: #e67e22; font-weight: bold;">Physical health and wellbeing: What keeps me healthy?</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about eating well about the importance of physical activity, sleep and rest about people who help us to stay healthy and well and about basic health and hygiene routines <p style="text-align: center; color: #e67e22; font-weight: bold;">Online safety</p> <p>about how different people enjoy different things online and offline, and identify ways to keep themselves safe online</p>	<p style="color: #e67e22; font-weight: bold;">Inclusion, belonging & addressing extremism (see lesson 1)</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> About the ways in which they are the same and different to others and that there is a great deal they share in common 	<p style="color: #e67e22; font-weight: bold;">Careers, Financial capability and economic wellbeing: Saving, spending and budgeting</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about what influences people's choices about spending and saving money how people can keep track of their money about the world of work
Mindfulness	Mindfulness	Mindfulness
Autumn 2	Spring 2	Summer 2
MindMate: Friends & Family	MindMate: Strong Emotions	MindMate: Solving Problems - Making it Better
<p style="color: #e67e22; font-weight: bold;">Keeping safe and managing risk: Indoors and outdoors</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about keeping safe in the home, including fire safety about keeping safe outside about road safety 	<p style="color: #e67e22; font-weight: bold;">Drug, Alcohol and Tobacco Education: Medicines and me</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> why medicines are taken where medicines come from about keeping themselves safe around medicines 	<p style="color: #e67e22; font-weight: bold;">Growing and Changing: Boys and girls, families</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> to understand and respect the differences and similarities between people about the biological differences between male and female animals and their role in the life cycle the biological differences between male and female children about growing from young to old and that they are growing and changing that everybody needs to be cared for and ways in which they care for others
Mindfulness	Mindfulness	Mindfulness

