

RSHE Overview

Year 2	RSHE Overview					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	CORE THEME – Created to Love Others		CORE THEME – Created and Loved by God		CORE THEME – Created to Live in the Community	
	Respectful Relationships Caring Friendships	Families and People who care for me Internet Safety and Harms	Healthy Eating Mental Well being	Physical Health and Fitness Health and Prevention	It's Our World – Eco Issues Community	Being safe Basic First Aid
Wk1	5.9.22 C1, C5 Respecting Others – Rules and Relationships within the classroom. Why do we need rules? Why are rules important in society? Relate to BRITISH VALUES – Rule of Law and Democracy	30.10.22 A1, A3 What makes a family? How are families different? What is marriage? Does everyone get married? Relate to BRITISH VALUES – Individual Liberty and Mutual Respect	9.01.23 I1, I2, I3 What is a healthy diet? Planning and preparing healthy meals. What happens when we don't have a healthy diet? Poor diet, obesity and tooth decay	27.2.23 K3 Sleep – what's a healthy amount? How can we get better sleep? K6 Allergies, Immunisations and Vaccinations	18.4.23 Fairtrade fortnight 21.2.22 – 6.3.22 What is it all About? How does it help the World, wider community? How can we support it?	5.6.23 E4, E5 Being Safe – Life to the Full Module 2 Unit 3 Session 1
Wk2	12.9.22 C4 What makes me happy? The importance of self-respect & how it links to own happiness. B1, B3 Healthy friendships contribute to happiness.	7.11.22 A2 Special People in my Life – Personal Relationships Unit 2 Life to the Full Relate to BRITISH VALUES – Individual Liberty and Mutual Respect	16.01.23 F1, F2 Healthy minds – the importance of Positive mental health What do we mean when we talk about Good Mental Health?	6.3.23 K4 Dental Health – good dental health & hygiene How can we help?	24.4.23 Respecting and protecting the Environment (ECO) How is our World changing and being spoilt? Plastic Pollution	12.6.23 E2 Good secrets and bad secrets – Life to the Full Module 2 Unit 3 Session 2 E2 Privacy – what is it, is it right to keep secrets if they are about being safe?
Wk3	19.9.22 C3, C5 Courtesy & Manners Relate to BRITISH VALUES – Tolerance of Others of different faiths and beliefs. MacMillan Coffee Morning	14.11.22 C2 Anti-Bullying Week See Life to the Full – Unit 2 Personal Relationships Treat Others well C5 B1 – caring friendships	23.01.23 Life to the Full Module 1 Unit 3 Session 2 Feelings Inside Out F3, F4 Talking about our emotions – acknowledging how we feel. Vocabulary of words to help us describe our feelings. Isolation and Loneliness needs to be shared.	13.3.23 Journey in Love – Physical To describe ways of being safe in Communities Revisit Internet Safety and harms.	1.5.23 The Community we Live in. Who is my neighbor? See Session 2 Life to the Full What's it like in Wigan, our local community? What are the good/bad features? Local issues.	19.6.23 E1, E3 Module 2 Unit 3 Session 4 – Harmful Substances - Life to the Full
Wk4	26.9.22 Journey in Love – Social and Emotional. To recognise the joy and friendship of belonging to a diverse community B2 – characteristics of friendships	21.11.22 C5 C6 And Say Sorry – Session 3 Life to the Full Unit 2 Being considerate, thinking how our behaviour affects others, being honest	20.1.23 F3, F4 Life to the Full Module 1 Unit 3 Session 3 Susie Gets Angry Recognise and talk about emotions continued.	20.3.23 K1 What happens to our bodies when we get poorly? Recognise changes to our bodies. K5 Personal hygiene and good habits. Hand washing and germs. Bacteria and Viruses –	8.5.23 The Community We Live In – Unit 2 Module 3 - Session 1 Life to the Full	26.6.23 Journey in Love – Spiritual To celebrate ways of meeting God in our communities

				How they spread and are treated.		
Wk5	<p>3.10.22 C2 Diversity Week – Celebrating our differences, respecting others</p> <p>Relate to BRITISH VALUES – Tolerance, Mutual respect, Individual Liberty</p>	<p>28.11.22 G1, G3 Safe use of computers/tablets. Online safety – who do you play with? How can we stay safe?</p>	<p>6.2.23 Safer Internet Day 8.2.22</p> <p>F6 Self-care – benefits of exercise, rest, time with family, friends, hobbies</p>	<p>27.3.23</p> <p>No Outsiders All Welcome</p> <p>2.5 To communicate in different ways.</p> <p>ROAD SAFETY – where to cross the road, how to cross safely...</p>	<p>15.5.23 Walk to School Week – Why do we promote it? What can we do to help?</p> <p>No Outsiders All Welcome</p> <p>2.2 To have self-confidence</p>	<p>3.7.23 No Outsiders All Welcome</p> <p>2.6 To know I belong</p> <p>E4 How to respond safely to adults they may encounter who they don't know. Stranger Danger. Who to talk to if they don't feel safe.</p>
Wk6	<p>10.10.23 No Outsiders All Welcome</p> <p>2.4 To think what makes a good friend B1-B4 Who to trust and who not to trust?</p>	<p>5.12.22 No Outsiders All Welcome</p> <p>2.1 to welcome different people</p> <p>G5, G7 More work on Internet Safety and Harms</p>	<p>13.2.23 No Outsiders All Welcome</p> <p>2.3 To understand what diversity is.</p>		<p>22.5.23 K2 Keeping Safe in Summer – Sun Safety Swim Safety, going on holiday. Ready for half term break – Recap again next half term</p>	<p>10.7.23 L1 Life to the Full Session 5 – Can you help me? 999 emergencies. First Aid</p> <p>How to make a clear and efficient call in an emergency.</p>
Wk 7	<p>17.10.22 B1-B4 Caring Friendships – good friends and unhealthy relationships. Friendships – characteristics of friendships.</p>	<p>12.12.22 G2 Too much TV & Too much Technology! What is a healthy amount? Rationing Screen Time!</p>				<p>Revisit Sun and Swim Safety</p>