



## RSE and PSHE lesson overview per year group

YEAR 2	
<b>Family and relationships</b>	
Lesson 1	Introduction to RSE and setting ground rules
Lesson 2	Families offer stability and love
Lesson 3	Families are all different
Lesson 4	Other peoples' feelings
Lesson 5	How to deal with unhappy friendships
Lesson 6	Introduction to manners and courtesy
Lesson 7	Introduction to change and Loss
Lesson 8	Stereotyping - gender
<b>Safety and the changing body</b>	
Lesson 1	Introduction to the internet
Lesson 2	Communicating online - not sharing personal information
Lesson 3	The difference between secrets and surprises
Lesson 4	My Private Parts - the concept of privacy and the correct vocabulary for these
Lesson 5	<i>(vocabulary: penis and vulva)</i> My private parts are private - safe and unsafe touches
Lesson 6	<i>(vocabulary: penis, vulva, testicles)</i> Road Safety 1
Lesson 7	Road Safety 2
Lesson 8	Safety with medicines
<b>Health and wellbeing</b>	
Lesson 1	Experiencing different feelings
Lesson 2	Being active
Lesson 3	Relaxation - breathing exercises
Lesson 4	Steps to success - setting achievable goals
Lesson 5	Growth mindset - overcoming difficulties
Lesson 6	Healthy diet
Lesson 7	Looking after our teeth

<b>Citizenship</b>	
Lesson 1	Rules beyond school
Lesson 2	Our school environment
Lesson 3	Our local environment
Lesson 4	Job roles in the community
Lesson 5	Similar yet different - my local community
Lesson 6	School council
Lesson 7	Giving my opinion
<b>Economic wellbeing</b>	
Lesson 1	Where money comes from
Lesson 2	Needs and wants
Lesson 3	Wants and needs
Lesson 4	Looking after money
Lesson 5	Jobs
<b>Transition</b>	
Lesson 1	Transition lesson