

PSHE Jigsaw Curriculum Overview — Year 2

Being Me in My World

- I can identify some of my hopes and fears for this year
- I recognise when I feel worried and know who to ask for help
- I understand the rights and responsibilities for being a member of my class and school
- I can help make my class a safe and fair place
- I can listen to other people and contribute my own ideas about rewards & consequences.
- I can work cooperatively
- I can understand the choices I make and understand the consequences

Celebrating Difference

- I am starting to understand that sometimes people make assumptions about boys & girls (stereotypes)
- I understand some ways in which boys and girls are similar and feel good about this
- I understand some ways in which boys and girls are different and accept that this is ok
- I understand that bullying is sometimes about difference
- I can tell you how someone who is bullied feels
- I can be kind to children who are bullied
- I can recognise what is right and wrong and know how to look after myself
- I know how to get help if I am being bullied
- I know some ways to make new friends
- I know how it feels to be a friend and have a friend
- I can tell you some ways I am different from my friend and understand that these differences make us all special and unique

Dreams & Goals

- I can choose a realistic goal and think about how to achieve it
- I can identify my successes and achievements and know how this makes me feel
- I can persevere, even when I find tasks difficult
- I can tell you some of my strengths as a learner
- I can recognise who it is easy for me to work with and who it is more difficult for me to work with
- I understand how working with other people can help me to learn
- I can work cooperatively in a group to create an end product
- I can work with other people to solve problems
- I can explain some of the ways I worked cooperatively in my group to create the end product
- I can express how it felt to be working as part of this group
- I know how to share success with other people
- I know how contributing to the success of a group feels and I can store those feelings

Healthy Me

- I know that I need to keep my body healthy
- I am motivated to make healthy lifestyle choices
- I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed
- I can tell you when a feeling is weak and when a feeling is strong
- I understand how medicines work in my body and how important it is to use them safely.
- I feel positive about caring for my body and keeping it healthy
- I can sort foods into the correct food groups and know which foods my body needs everyday to keep me healthy
- I have a healthy relationship with food and know which foods I enjoy the most
- I can decide which foods to eat to give my body energy
- I can make some healthy snacks and explain why they are good for my body
- I can express how it feels to share healthy food with my friends

Our role as educators is to teach respect, tolerance and equality for all, in line with the Equality Act 2010.