



End of Year Attainment Summary – PSHE (Health & Relationships)

Year Group: 2			
Health and Wellbeing	Autumn 1:	Autumn 2:	
I can describe how to keep fit and healthy with exercise and food choices.			
Understand that spending a long time in front of a computer screen, TV or sitting down can be unhealthy.			
I know why I visit the dentist and clean my teeth twice a day.			
I am aware of people who keep us healthy: doctors, nurses, opticians, etc.			
I can keep myself clean and explain the importance of hand washing (germs).			
I can share personal successes with my class which are to include showing I am responsible.			
I can use vocabulary to describe when I feel happy or sad, angry or moody and discuss simple ways to manage my emotions.			
I know that I have to follow rules to stay safe and if I break rules there may be consequences: class rules, home rules (include medicines), Green Cross Code, online rules.			
Understand that when we share content online, we might not be able to delete it.			
Can identify rules to add to an acceptable use policy for the class			
Who are the Emergency Services? What do they do? How can I reach them in an emergency -999?			
I can use Cape's 'No! Stop! I don't like it.' when I feel very upset about someone else's behaviour towards me.			
I know who I can talk to, if I am worried, hurt or sad.			
I am aware of change and loss -friends/family moving – and can discuss my feelings to help me feel better.			

I can explain how I stay safe in the sun.			
I am preparing to move to Year 3.			
I am aware of basic first aid and can call 999 in an emergency.			
I am aware of the dangers at home (heights, electrical appliances) and fire safety (matches, candles).			
I am aware that I am the responsibility of an adult, so must follow rules especially in busy places (street, crossing roads, shopping centres, swimming centres, the park, on the beach).			
Relationships.	Summer 1:	Summer 2:	
Can we see love? Investigate what love is. Link to the family and people who are special to me. (Be mindful of children's responses: Single parents, carers, extended families, disabilities, foster care, adoption, same gender, only child, bereavement, cultures, etc.)			
I can explain how others are feeling and how they show these feelings (smiling, crying and quietness).			
I understand how my actions may make others feel.			
I can understand how to resist teasing or bullying. I can explain different ways others can be teased or bullied and understand it's wrong. I know if I witness this behaviour I must tell a trusted adult.			
Understand what makes a good online friend and the need to be kind and thoughtful online as in the real world.			
I know to talk to someone if I am worried, hurt or sad. (I understand the difference between a 'secret' where I feel sad or uncomfortable and fun secret which makes me happy.)			
I can use Cape's 'No! Stop! I don't like it.' when I feel very upset about someone else's behaviour towards me.			
I know the 'PANTS' rule.			
I can listen to the story Little Bear, by Jane Evans (and if it resonates any concerns I can speak to an adult. –DV).			
Living In the Wider World.	Spring 1:	Spring 2:	
I understand that people aspire to earn money in order to live in comfort – how is money earned?			
I understand that money can be used for different purposes: necessities (food, warmth, water, shelter, clothing, transport, etc.), luxuries/treats (own car, beauty products, top of the range purchases, holidays) and saving for the future.			

Valuing differences – what would the world be like if we were all the same? Would our lives be as interesting?			
I am aware that humans effect the worlds environment which needs to be protected.			
I can follow the rules within the classroom as well as the school rules both onsite and off-site.			
I can share, take turns and return borrowed items.			
I understand that I am living in Britain where its citizens have to follow the 'rule of law'.			
I know that I must follow safety rules when using the internet.			
I need to know that not all information found online is true.			
I understand that the digital content we make belongs to us and others need to ask permission to use it.			