

RSE and PSHE lesson overview per year group

	YEAR 2		
Family and relationships			
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		
Safety and the changing body			
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		
	(vocabulary: penis and vulva)		
Lesson 5	My private parts are private - safe and unsafe touches		
	(vocabulary: penis, vulva, testicles)		
Lesson 6	Road Safety 1		
Lesson 7	Road Safety 2		
Lesson 8	Safety with medicines		
Health and	Health and wellbeing		
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		



RSE and PSHE lesson overview per year group

Lesson 6	Healthy diet
Lesson 7	Looking after our teeth

Citizenship		
Oluzensnip		
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	
Economic wellbeing		
Lesson 1	Where money comes from	
Lesson 2	Needs and wants	
Lesson 3	Wants and needs	
Lesson 4	Looking after money	
Lesson 5	Jobs	
Transition		
Lesson 1	Transition lesson	