

Year 2 Progression in PSHE

| Resilience | Mental Wellbeing | Relationships | Relationships, Sex, Health Ed | Health Education | Caring Friendships | Living in the Wider World |
|---|---|--|--|--|---|--|
| <ul style="list-style-type: none"> • I will know how to identify resilient actions • I will know how to recognise when I feel different emotions • I will know and understand that angry actions can hurt others • I will know what to do when someone is angry • I will know how to help myself when I fail • I will know how to recognise a mistake | <ul style="list-style-type: none"> • I will know who to talk to when I am feeling upset • I will know the different thought gremlins that affect me • I know the values that are important to me • I know how to show gratitude for the important things in my life • I know the challenges that impact on my life • I will know the habits that keep me healthy and boost my wellbeing | <ul style="list-style-type: none"> • I will know the importance of family • I will know the danger signs with online relationships • I know the different types of bullying • I know how to collaborate • I know how to recognise stereotypes • I will know the causes of violence | <ul style="list-style-type: none"> • I will know how I will change as I get older • I will know how to respond when physical contact is unacceptable • I will know the difference between a surprise and a secret | <ul style="list-style-type: none"> • I will know how tiredness impacts on my actions • I will know the importance of fruit and vegetables • I know why exercise is good for us • I know how to stay safe on the internet • I know how to reduce the risk of hazards at home | <ul style="list-style-type: none"> • I will know what makes a good friend. • I will know how to show empathy. • I will know when to tell an adult about something. • I will know why lying is harmful. • I will know about the power of peer pressure. • I will know how conflict starts. | <ul style="list-style-type: none"> • I will know how we can be different. • I will know how to care for the community. • I will know different jobs. • I will know that money can be spent and saved. • I will know how I feel when I win and lose. • I will know the changes that can happen. |