

Sleep and relaxation

We learn that sleep is important for health and we talk about how we can relax before bed. We learn relaxation and breathing techniques in the yoga Zen Den.



Healthy eating

We learn about what they eat and drink at different times of the day, e.g. breakfast, lunch, evening meal, snacks. We learn that they need to eat regularly and that they eat different foods on special occasions, e.g. parties, weddings, Christmas, Eid, Hanukah.. We learn that there are five food groups and how we can get their 5 a day from different sources.

Mental Health and Wellbeing

We learn that that feelings change and that not everyone experiences the same feeling in the same situation. We identify feelings that are good and not so good. We recognise that people feel differently about things and situations and explain what can change their feelings (*from good to not so good and from not so good to good*). We suggest things that can help ourselves and others to feel better.

Friendship and Bullying

We learn what bullying is. We learn what to do if we feel that we are being bullied using the high five strategy. We learn that there can be a positive outcome if we ask for help.

RSHE Scheme of Work

Year 2

Physical activity

We understand why exercise is important for our bodies and minds. We experience how we feel different before and after physical activity. We will estimate how much exercise they get each day and think of ways we can be more active.



Online safety

We learn to refine searches using the Search tool. To use digital technology to share work on Purple Mash to communicate and connect with others locally. To have some knowledge and understanding about sharing more globally on the Internet. To introduce Email as a communication tool using 2Respond simulations. To understand how we should talk to others in an online situation. To open and send simple online communications in the form of email. To understand that information put online leaves a digital footprint or trail. To identify the steps that can be taken to keep personal data and hardware secure.



Oral Health

Children understand that milk teeth are lost and that their adult teeth remain for the rest of their lives. They understand the need to look after their teeth. They learn about cavities.



Drugs and Alcohol

Pupils learn that medicines and other substances can affect them in different ways, including to harm them. They learn that different people are there to keep them safe.