



PSHE and RSE Knowledge Organiser

Year 2



Keeping and Staying Safe  <u>Key Vocab</u> Safe accident risk avoid dangerous <u>By the end of the 'Tying shoelaces' unit, I should know;</u> ~ the reasons you need to tie your laces (to avoid causing an accident) ~ how to tie up laces properly ~ rules to keep yourself and others safe ~ the differences between safe and risky choices (running downstairs, rushing to get your coat, eating your snack really fast) ~ the definitions of the key vocab words	Keeping and Staying Healthy  <u>Key Vocab</u> healthy unhealthy energy junk food diseases milk teeth adult teeth dentist decay <u>By the end of the 'Healthy Eating' and 'Brushing Teeth' topic, I should know;</u> ~ that we need food for our bodies to be healthy and grow ~ different types of healthy foods and be able to list them (fruit, vegetables) ~ the differences between healthy and unhealthy choices (drink plenty of water, opt for more fruit and veg ,rather than chocolate, crisps and sweets) ~ the reasons why we brush our teeth (good oral health, stop tooth decay) and how to practise doing this ~ strategies to help me to remember to brush my teeth (post-it notes, reminders, toothbrush out)	Relationships  <u>Key Vocab</u> repeated aggressive unkind positive advice emotions choice communication <u>By the end of 'Bullying' and 'Body Language' topic, I should know;</u> ~ how to recognise and name of a range of feelings (happiness, sadness, anger, fear) ~ how to see and understand bullying behaviours (repetitive behaviours, pushing, teasing, threatening, name-calling) ~ ways to cope with these behaviours (tell someone, talk, support and protect friends, stand up to bullying) ~ that feelings can be shown without words (crossed arms, nail biting, head tilted to one side) ~ how to see a situation from another person's point of view	Being Responsible  <u>Key Vocab</u> community practise talents skills targets encouragement polite Improve respect <u>By the end of the 'Practise makes Perfect' and 'Helping Someone in Need' topic, I should know;</u> ~ ways to improve at an activity or sport (practise, keep trying, don't quit) ~ the importance of trying hard and not giving up ~ ways to set goals and how to work to reach them (small steps, targets, time and practise) ~ how to recognise kind and thoughtful behaviours and actions ~ the risks of talking to people you don't know very well in the community (stranger danger) ~ the differences between being responsible and irresponsible (picking up food/litter that you've dropped, laughing at someone when they're crying)
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Feelings and Emotions  Key Vocab worry helpful healthy trust anger calm control violence express strategies <u>By the end of the 'Worry' and 'Anger' topic, I should know;</u> ~ how to recognise and name emotions and their physical effects (feel hot, tummy ache, restless) ~ the difference between pleasant and unpleasant emotions ~ a range of skills for coping with unpleasant/uncomfortable emotions (deep breaths, talk to a trusted adult/friend, listen to music, write a letter, walk away/time out) ~ That feelings can be communicated with and without words (body language, sharing feelings)	Computer Safety  Key Vocab image post share safe permission online app personal information dangerous trusted adult <u>By the end of the 'Image Sharing' topic and Computer Safety Documentary, I should know;</u> ~ how online actions can affect others (messages and comments can be hurtful) ~ the positive and negative ways you can use technology (learning and research, gaming/fun as opposed to online bullying and unkindness) ~ the risks of sharing images without permission ~ the types of images that you should and should not post online (an image of friends without their permission, picture of home address, parent or carers bank card, a picture of food/pet/favourite cuddly toy)	Our World  Key Vocab safe injured responsibility countryside communities coin value notes interests skills earn save career <u>By the end of 'Living and Working in our World' topics, I should know;</u> ~ how and why we can look after living things both inside and outside of the home (give love, time and attention, food and drink, keep them safe) ~ why it is important to keep our communities and countryside clean (look after plants, trees and wildlife, feed the birds, do not litter) ~ the different ways we can receive money (pocket money, job/career, gift) ~ how to keep money safe (savings account) ~ the skills you may need in a future job or career ~ how to recognise the differences between wants and need	Hazard Watch  Key Vocab hazard safe unsafe dangerous danger warning environments alcohol <u>By the end of the 'Is it safe to eat or drink/is it safe to play with?' topics, I should know;</u> ~ what items are safe to play with and what items are unsafe to play with (kettle, sharp knife, matches, razors) ~ Potential dangers in different environments (a syringe at the park, a garden pond, a toolbox in the garage/shed, a window blind in the bedroom) ~ what food and drink items are safe or unsafe to eat or drink (medicines, cleaning products/bleach, food that accidentally dropped on the floor, alcohol) ~ how to identify dangers that can affect others, for example younger siblings
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