

## What is covered in Year 2?

### Y2 Families and relationships

Learning that families are composed of different people who offer each other care and support. Learning how other people show their feelings and how to respond to them. Looking at conventions of manners and developing an understanding of self-respect.



### Y2 Citizenship

Lesson collection: learning about rules outside school; caring for the school and local environment; exploring the roles people have within the local community; learning how school council works; giving an opinion.



### Y2 Safety and the changing body

Lesson collection: Developing understanding of safety: roads, medicines and an introduction to online safety; distinguishing secrets from surprises; naming body parts and looking at the concept of privacy.



### Y2 Health and wellbeing

Learning: about the benefits of exercise and relaxation on physical health and wellbeing; strategies to manage different emotions, setting goals and developing a growth mindset and understanding dental hygiene



### \*New\* Y2 Economic wellbeing

Learning about financial literacy including how adults get money, wants and needs, using skills and talents and inclusive environments.



## PERSONAL, SOCIAL & HEALTH EDUCATION (PSHE) - YEAR 2

### PARENT INFORMATION



Anagh Coar Primary School  
2024



## What is PSHE?

Our Kapow PSHE lessons aim to give the children the knowledge, skills and attitudes that they need to effectively navigate the complexities of life in the 21st Century. The curriculum covers key areas which will support children to make informed choices now and in the future around healthy, safety, wellbeing, relationships and financial matters and will support them in becoming confident individuals and active members of society.

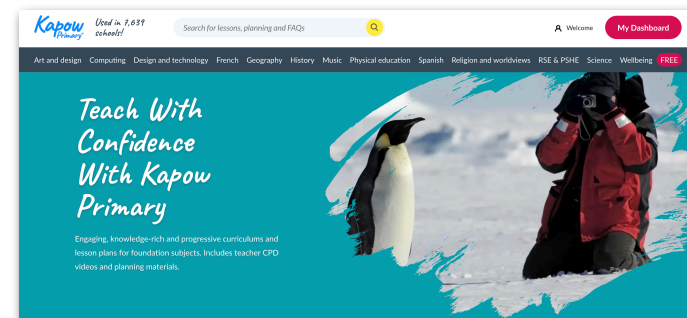


## Why have we chosen Kapow?

We have chosen Kapow to deliver our PSHE lessons as we feel it is an engaging programme with coverage of all the key issues we feel our children need to learn about. The scheme uses a range of teaching and learning activities which are based on good practice in teaching PSHE education to ensure that all children can access learning and make progress. In each year group, an introductory lesson provides the opportunity for children and teachers to negotiate ground rules for the lessons. These introductory lessons can then be referred to throughout the year to help create a safe environment. As with all our subjects at Anagh Coar, all lessons within PSHE include ideas for differentiation to stretch the most able learners and give additional support to those who need it. In many lessons, stories, scenarios, and video clips provide the opportunity for children to engage in real life and current topics in a safe and structured way. Role-play activities are also included to help children play out scenarios that they may find themselves in.

There are meaningful opportunities for cross-curricular learning, in particular with computing for online safety and science for growing, nutrition, teeth, diet and lifestyle. The scheme provides consistent messages throughout the age ranges including how and where to access help.

As the children progress through their years at Anagh Coar, they can utilise their PSHE learning within their daily lives, from dealing with friendship issues, to resilience, to making healthy choices and knowing where and how to get help when needed. The overall aim is for children to be able to make informed choices and decisions.



You can find out more about this scheme on their website - although this is mainly geared towards education staff to use to help them to understand and deliver what needs to be taught.

<https://www.kapowprimary.com>