



Year 2

RSHE

Curriculum



*'Every child has the right to an education.'* Article 28  
*'Every child has the right to information and to express their views'* Article 13

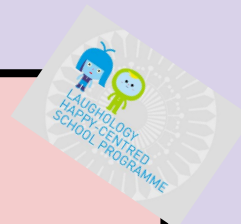


The Relationships and Health part of the RHSE curriculum has now been made mandatory. This is to reflect modern Britain and the variety of different relationships that we encounter daily. In line with this new policy, we will be teaching the children about relationships. We will be exploring topics such as:

- What is friendship?
- What does family mean?
- What does a positive relationship between friends and family look like?
- Who are the people who support me?
- How can I make sure I am safe online?



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At Star, we follow the Happy Centred School curriculum for RSHE. The curriculum falls under these headings:

- Positive Relationships (Autumn Term)
- Coping Skills (Spring 1)
- Achievement and Success (Spring 2)
- Self-Confidence (Summer 1)
- Support (Summer 2)

The following slides will detail what will be taught each term in line with this curriculum:



# Autumn 1 - Positive Relationships



1. Thinking about others' feelings and thoughts when they are left out and what we can do to help
2. Devising a plan to welcome a new person to the class and make them feel comfortable
3. Thinking about our own and others' strengths and why these are important to help the whole class have a sense of belonging
4. Identifying potential reasons for conflict and ways in which these could be resolved
5. Identifying our most positive relationships and what makes these so
6. Assessment: Identifying ways in which a classmate adds to the positive relationships within the school

Example of Vocabulary Taught: Empathy; Friendships; Share; Caring; Belonging; Together; Conflict; Resolution; Meditation;



# Autumn 2 - Positive Relationships



7. Knowing which parts of our bodies are private - the underwear rule
8. Understanding what secrets are and when it's not okay to keep them
9. Understanding that not everything on the internet is true and some of the ways we can tell
10. Understanding how easy it is to spread fake news
11. Researching what families around the world look like
12. Understanding that we might make mistakes about other people, if we don't know them or ask questions

**Example of Vocabulary Taught :** Good/Bad touches; Penis; Vulva/Vagina; Private parts; Testicles; (Un)safe; Secrets; Family; Differences; Similarities; Love; Fake News; Source of Information; Social Media; Internet



# Spring 1 - Coping Skills



1. Understanding what makes some situations trickier than others
2. Listing a range of coping techniques that we can use, and understanding why, in certain situations, some are better than others
3. Understanding why it is important to have good coping skills and what a Superhero would say to help them cope
4. Understanding the attributes of someone who copes well and helps others to cope
5. Practising coping strategies when someone is giving you constructive criticism/feedback - understanding that this should be viewed as helpful
6. Assessment: Identifying the coping strategies that we can use and what we would look like, be saying

**Example of Vocabulary Taught :** Cope; Help; Support; Deal with; Understand; Persist; Emotions; Assist; Carry on; Sharing; Grit



## Spring 2 - Achievement and Success



1. Identifying our latest achievement and how we ensured that we were successful
2. Identifying step-by-step actions to achieve a personal goal
3. Thinking about famous failures and the potential consequences of giving up
4. Identifying the mutual benefits of helping others to succeed/seeking the support of others to help us
5. Comparing the success rates of one person individually, and a team, doing the same task
6. Assessment: Explaining to other people how to be successful

Example of Vocabulary Taught : Keep going; Work together; Challenge; Practise; Confident



# Summer 1 - Self-Confidence



1. Understanding how others see us
2. Understanding how we can help others to become more confident and happier
3. Identifying a previous problem and how it could have been solved
4. Understanding the benefits of working in a team/on our own when faced with a challenge
5. Setting personal targets to complete a challenge
6. Assessment: Assessing personal progress on a learning journey - including levels of confidence and independence

Example of Vocabulary Taught : Confidence; Independence; Perseverance; Self-belief; Attitude; Achievement; Personal Best; Nervous; Unsure; Initiative; Challenging





# Summer 2 - Support



1. Understanding different types of support and the difference between getting support and not, when you need it
2. Using the TALK model to identify whether or not we need help, and applying it to get support from an appropriate person
3. Practising listening to other people's opinions, giving our own thoughts and managing disagreements
4. Identifying the different types of support that we get and give
5. Understanding that it can be difficult to ask for help and what we can do to support people who find this tricky
6. Assessment: Reflecting on how we have used the TALK model to gain support recently

Example of Vocabulary Taught : Achieve; Together; Listen; Assist; Giving; Comfort; Strengths