



Year 2 - Spring - PSHE Knowledge Organiser

What I already know...

Last term the children learnt about how to maintain a healthy lifestyle from keeping clean to eating the right amounts of food. They explored how to keep their minds active and to always be aware of how they can make people feel.

Making a difference at The Merton

Our fundamental aim during this topic is to ensure our children understand what it means to lead a healthy balanced lifestyle. That being “healthy” doesn’t just mean eating healthy food but encompasses a whole mixture of elements. From learning how to brush your teeth correctly to looking after your mental health by exercising or doing something you love. Children will have the opportunity to explore and understand how to achieve a healthy lifestyle.

Making a difference at home

- Always talk to someone you trust about how you feel and try to be honest

Key Vocabulary

Bullying	Hurting someone’s feelings or physically hurting them several times on purpose.
Surprise	An unexpected event.
Secret	Something that is kept or meant to be kept unknown or unseen by other.
Cooperatively	Working together.
Discussion	Talking about something.
Honesty	Being truthful.



What I will learn...

- How to recognise hurtful behaviour, including online
- What to do and whom to tell if they see or experience hurtful behaviour, including online
- About what bullying is and different types of bullying
- How someone may feel if they are being bullied
- About the difference between happy surprises and secrets that make them feel uncomfortable or worried, and how to get help
- How to resist pressure to do something that feels uncomfortable or unsafe
- How to ask for help if they feel unsafe or worried and what vocabulary to use
- How to play and work cooperatively in different groups and situations
- How to share their ideas and listen to others, take part in discussions, and give reasons for their views

