



# Year 2 - Summer - PSHE Knowledge Organiser

## What I already know...

During Year 1 the children learnt that both bodies and feelings can be hurt by others and they learn to recognise the ways in which we are the same as well as different to others. They created a 'gift' for someone else and in doing this learn they learnt which types of behaviour are kind and what is unkind.

## Key Vocabulary

Friendship	A person who you know, like and enjoy spending time with.
Secret	Something you and only a few other people know and you mustn't tell anybody else
Worry	Feeling scared or uneasy.
Trust	A feeling that somebody or something can be relied upon
Difference	The quality that makes one person or thing unlike another.

## What I will learn...

### Relationships

- Know that everyone's family is different
- Know that families function well when there is trust, respect, care, love and co-operation
- Know that there are lots of forms of physical contact within a family
- Know how to stay stop if someone is hurting them
- Know some reasons why friends have conflicts
- Know that friendships have ups and downs and sometimes change with time
- Know how to use the Mending Friendships or Solve-it-together problem-solving methods
- Know there are good secrets and worry secrets and why it is important to share worry secrets
- Know what trust is



## Making a difference at The Merton and beyond

Learning about family relationships widens to include roles and responsibilities in a family and the importance of co-operation, appreciation and trust. Friendships are also revisited with a focus on falling out and mending friendships. This becomes more formalised and the children learn and practise two different strategies for conflict resolution (Solve-it-together and Mending Friendships). Children consider the importance of trust in relationships and what this feels like. They also learn about two types of secret, and why 'worry secrets' should always be shared with a trusted adult.

## How to be a friend...

- Can use positive problem-solving techniques (Mending Friendships or Solve-it-together) to resolve a friendship conflict
- Can identify the negative feelings associated with keeping a worry secret.



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## Key Vocabulary

Life-cycle	A series of stages a living thing goes through during its life.
Change	When something is different.
Grow	An increase in size
Appearance	The way someone or something looks.
Private	Something you don't want to share; it's for your eyes only.

## What I will learn...

### Changing Me

- Know that life cycles exist in nature
- Know that aging is a natural process including old-age
- Know that some changes are out of an individual's control
- Know how their bodies have changed from when they were a baby and that they will continue to change as they age
- Know the physical differences between male and female bodies
- Know the correct names for private body parts
- Know that private body parts are special and that no one has the right to hurt these
- Know who to ask for help if they are worried or frightened
- Know there are different types of touch and that some are acceptable and some are unacceptable



## Making a difference at The Merton and beyond

Children look at different life cycles in nature including that of humans. They reflect on the changes that occur between baby, toddler, child, teenager, adult and old -age. Within this, children also discuss how independence, freedoms and responsibility can increase with age. As part of a school's safeguarding duty, pupils are re-taught the correct words for private parts of the body. They are also reminded that nobody has the right to hurt these parts of the body, including a lesson on inappropriate touch and assertiveness. Children practise a range of strategies for managing feelings and emotions. They are also taught where they can get help if worried or frightened. Change is taught as a natural and normal part of growing up and the range of emotions that can occur with change are explored and discussed.

## How to be a confident, respectful person:

- Be able to express how they feel about changes
- Show appreciation for people who are older
- Be able to confidently ask someone to stop if they are being hurt or frightened