



Caring, Successful,
Happy Learners

Learning Organiser **RSHE**: There's No Place Like Home

Caring for Myself and Others

Year 2
Autumn Term

British and School Values				Basic Skills (Reading & Communication)	Personal Development Positive mental and physical well being	Wonderful Words (Vocabulary & Quality Texts)	Memorable Experiences
respect	caring	safety	best				

Key Substantive "sticky" Knowledge I know...	Key Disciplinary Knowledge & Skills I can...	Learning Sequence				
		Ongoing learning also through Take 5 programme and assemblies				
		Substantive knowledge To Know:	Disciplinary knowledge objective	Activity		
<p>Physical and mental wellbeing</p> <ul style="list-style-type: none"> that feelings can affect people's bodies and how they behave (when I am angry it makes me..) about ways of sharing my feelings using a range of vocabulary that we need to look after our mental health and how we feel as well as our physical health that it is okay to find things difficult sometimes and how to manage when I do about how physical activity helps us to stay healthy and ways to be physically active every day <p>Keeping Safe</p> <ul style="list-style-type: none"> that rules and age restrictions are there to keep us safe how to keep safe at school and home (including around fire safety) how to identify risk in simple everyday situations and know what action to take to minimise harm how to keep safe on line (in line with computing curriculum) including what is meant by personal information and what should be kept private <p>Relationships</p> <ul style="list-style-type: none"> that there are different types of families and about respecting different types of families including those that may be different to my own that it is important to tell someone (such as my teacher) if something makes me unhappy or worried about how people may feel if they experience hurtful behaviour or bullying that hurtful behaviour (offline and online) including teasing, name calling, bullying and deliberately excluding others is not acceptable what bullying is, that it is unacceptable and how to report bullying and the importance of telling a trusted adult 	<p>Physical and mental wellbeing</p> <ul style="list-style-type: none"> use simple breathing techniques to help self regulate and relax (Using Take 5) recognise ways in which myself and others are special/ unique identify what I am good at and what I like and dislike recognise what others might be feeling recognise that not everyone feels the same at the same time or feels the same about the same things identify different things I can do to manage my feelings to help calm myself down or change my mood when I don't feel good recognise when I need help with my feelings explain what keeping healthy means independently demonstrate simple hygiene routines (including hand washing and respiratory hygiene) that can help stop germs from spreading <p>Keeping Safe</p> <ul style="list-style-type: none"> demonstrate an understanding of our school rules and values apply rules to keep safe on line <p>Relationships</p> <ul style="list-style-type: none"> identify people who love and care for me and I know what they do to help me feel cared for identify common features of healthy family life (caring, loving relationships, spending time together) <p>School Values: We are kind and caring show through my actions that I can be caring and kind</p>	Induction	School rules and Values How to keep safe in school & identify risk & the action to take to minimise harm That rules and age restrictions are there to keep us safe	Demonstrate an understanding of our school rules and values	Discussion Agreeing Class rules Group discussion – scenarios and what to do to minimise harm	
				Ways in which myself and others are special/ unique	identify what I am good at and what I like and dislike	Use 'The Magical Yet' discuss likes and dislikes and identify strengths. Write 3 things they can do and one they can't do 'yet'
				That feelings can affect people's bodies and how they behave (when I am angry it makes me..) about ways of sharing my feelings using a range of vocabulary	recognise what others might be feeling recognise that not everyone feels the same at the same time or feels the same about the same things	Discussion around feelings. Identify feelings and discuss how they affect others and ourselves. Identify what makes us happy and sad.
				that it is important to tell someone (such as my teacher) if something makes me unhappy or worried that it is okay to find things difficult sometimes and how to manage when I do	identify different things I can do to manage my feelings to help calm myself down or change my mood when I don't feel good recognise when I need help with my feelings & know who I can ask	Read the book – Ruby's worry to establish how we need to share our worries to move on. Scribe worries and share and discuss.
		1	that we need to look after our mental health and how we feel as well as our physical health about how physical activity helps us to stay healthy and ways to be physically active	Identify what is healthy and unhealthy. Recognise my own feelings.	Discussion throughout induction – ongoing discussions. Introduce daily wake/ up and shake up/ brain breaks to share the importance of being physically fit and	

			every day		ready for learning. Take 5 breathing.
		2	Name people who love and care for me there are different types of families and about respecting different types of families including those that may be different to my own	identify common features of healthy family life (caring, loving relationships, spending time together)	Discuss people who we share our lives with (induction – getting to know me) Use the book – ‘Children Around the World’ to discuss and share differences and similarities of family life.
		3	how people may feel if they experience hurtful behaviour or bullying that hurtful behaviour (offline and online) including teasing, name calling, bullying and deliberately excluding others is not acceptable	Recognise when I need help with my feelings & know who I can ask	Share ideas and discuss how behaviour affects others. (recap from induction and the text ‘Kind’) What could they do to be kind? Share resolutions to conflicts at playtime.
		4	what bullying is, that it is unacceptable and how to report bullying and the importance of telling a trusted adult	Recognise when I need help with my feelings & know who I can ask	Link to anti bullying week – discuss and share what bullying may look like – discuss and share who they can talk to if they are unhappy about anything.

Prior Knowledge I remember	Wonderful Words Key Vocabulary		Planned Experiences and Enrichment
	Known Vocabulary	New Vocabulary	
Physical and mental wellbeing <ul style="list-style-type: none"> things that help people feel good/ happy I can ask for help with my feelings what keeping healthy means and different ways to keep healthy (including different physical activities) Keeping Safe <ul style="list-style-type: none"> our school values and rules and that they are there to help us to keep safe how to keep safe at school, at home and on the way to school (including how to cross the road safely) basic rules to keep safe on line not to give away personal information on line and what to share and what to keep private the importance of telling a trusted adult if I come across something unpleasant on line Relationships <ul style="list-style-type: none"> the names of important people in my life and the roles they play (friends, adults in school, my family) that not all families look the same 	feelings: happy, unhappy, sad emotions: cross, worry, worried, angry, frightened run, jump dance, skip, hop, walk, climb exercise, healthy, fitness, breath, breathing, germs safe home school unsafe, personal information The names of familiar adults in my class/ school Family, brother, sister, mum, mother, dad, father home, love, care rules kind caring bullying values, kindness same, different	nervous, anxious, lonely social media wellbeing mental health physical health hygiene virus	All Are Welcome- Alexandra Penfold Kind - Alex Scheffier Meesha Makes Friends – Tom Percival What I like about Me – Allia ZobelNolan The Magical Yet – Angela Diterlizzi Induction week Anti bullying week Mon 11 th – Friday 15 th November – Theme: choose respect

- the ways in which I am the same and different to others
- about what kind and unkind behaviour is and how this can affect others
- what to do if I feel sad and who to talk to
- What bullying is and how to report bullying and the importance of telling a trusted adult

School Values

ways I can be **caring** and **kind** and **why it is important**

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