

PSHE Jigsaw Curriculum Overview — Year 2

Being Me in My World

- I can identify some of my hopes and fears for this year
- I recognise when I feel worried and know who to ask for help
- I understand the rights and responsibilities for being a member of my class and school
- I can help make my class a safe and fair place
- I can listen to other people and contribute my own ideas about rewards & consequences.
- I can work cooperatively
- I can understand the choices I make and understand the consequences

Celebrating Difference

- I am starting to understand that sometimes people make assumptions about boys & girls (stereotypes)
- I understand some ways in which boys and girls are similar and feel good about this
- I understand some ways in which boys and girls are different and accept that this is ok
- I understand that bullying is sometimes about difference
- I can tell you how someone who is bullied feels
- I can be kind to children who are bullied
- I can recognise what is right and wrong and know how to look after myself
- I know how to get help if I am being bullied
- I know some ways to make new friends
- I know how it feels to be a friend and have a friend
- I can tell you some ways I am different from my friend and understand that these differences make us all special and unique

Dreams & Goals

- I can choose a realistic goal and think about how to achieve it
- I can identify my successes and achievements and know how this makes me feel
- I can persevere, even when I find tasks difficult
- I can tell you some of my strengths as a learner
- I can recognise who it is easy for me to work with and who it is more difficult for me to work with
- I understand how working with other people can help me to learn
- I can work cooperatively in a group to create an end product
- I can work with other people to solve problems
- I can explain some of the ways I worked cooperatively in my group to create the end product
- I can express how it felt to be working as part of this group
- I know how to share success with other people
- I know how contributing to the success of a group feels and I can store those feelings

Healthy Me

- I know that I need to keep my body healthy
- I am motivated to make healthy lifestyle choices
- I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed
- I can tell you when a feeling is weak and when a feeling is strong
- I understand how medicines work in my body and how important it is to use them safely.
- I feel positive about caring for my body and keeping it healthy
- I can sort foods into the correct food groups and know which foods my body needs everyday to keep me healthy
- I have a healthy relationship with food and know which foods I enjoy the most
- I can decide which foods to eat to give my body energy
- I can make some healthy snacks and explain why they are good for my body
- I can express how it feels to share healthy food with my friends