



ESF Progression in PSHE /RSE Skills and Knowledge - Year 2



	Year 2
Families and People who care for us	I know that families are important for children growing up because they can give love, security and stability.
	I know what the characteristics of healthy family life are: a commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.
	I know how to recognise if family relationships are making me feel unhappy or unsafe, and how to seek help or advice from others if needed.
Caring Friendships	I know how important friendships are in making us feel happy and secure, and how people choose and make friends.
	I know the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.
	I am beginning to know that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.
	I am building my knowledge in knowing how to recognise who to trust and who not to trust, how to judge when a friendship is making me feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.
Respectful Relationships	I know what kind and unkind behaviour is and that I should show kindness and good manners.
	I know the importance of self-respect and how this links to their own happiness.
	I know that in school and in the wider society I can expect to be treated with respect by others, and that in turn I should show due respect to others, including those in positions of authority.
	I am beginning to know about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.
Safe Relationships	I know what to do if I feel unsafe or worried for myself or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until I am heard.
	I know where to get advice from or who to ask. For example school, family.
	I know what bullying is and the different types of bullying.
	I know how someone may feel if they are being bullied.
Online Safety	I know how to resist pressure to do something that feels uncomfortable or unsafe.
	I know that not all information seen online is true.
	I know about how the internet and digital devices can be used safely to find things out and to communicate with others.
	I know that sometimes people may behave differently online, including by pretending to be someone they are not.
Online Safety	I know the basic rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling a trusted adult if they come across something that scares them.

Being Safe	I know about the importance of not keeping adults' secrets (only happy surprises that others will find out about eventually).
	I know how to respond safely to adults I don't know.
	I know to recognise risk in simple everyday situations and what action to take to minimise harm.
	I know about how to keep safe at home (including around electrical appliances) and fire safety.
	I know that household products can be harmful if not used correctly (including medicines).
	I know way to keep safe in familiar and unfamiliar environments (beach, swimming pool, shopping centres, park, on the street).
	I know about people whose job is to help keep us safe.
	I know about what to do is there is an accident and someone is hurt.
	I know how to get help in an emergency (how to dial 999 and what to say).
Mental Wellbeing	I confidently know about different feelings that humans can experience.
	I know that there is a scale of emotions that all humans experience in relation to different experiences and situations.
	I confidently know about ways of sharing feelings; a range of words to describe feelings.
	I can recognise that not everyone feels the same at the same time, or feels the same about the same things.
	I know how to judge whether what I am feeling and how I am behaving is appropriate and proportionate.
	I am developing my knowledge in knowing the benefits of physical exercise, time outdoors can have on my mental wellbeing and happiness.
	I am developing my knowledge about simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.
Physical Health and Fitness	I know the benefits of a healthy and active lifestyle.
	I know the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.
	I am beginning to know the risks associated with an inactive lifestyle.
Healthy Eating	I confidently know what makes a healthy diet.
	I know the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay).
Health and Prevention	I know about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.
Growing and Changing	I know about the human life cycle and how people grow from young to old.
	I know how our needs and bodies change as we grow up.
	I can identify and name the main parts of the body including external genitalia (penis, testicles, vulva, vagina).
	I know about change as people grow up, including new opportunities and responsibilities.
	I am preparing to move to a new class and setting goals for next year.