

# PSHRE (Cycle B) | Year 2 | 2021-22

## Being Me

Hopes and fears for the year.  
Rights and responsibilities.  
Rewards and Consequences.  
Safe and fair learning environment.  
Valuing contributions.  
Choices and recognising feelings.

## Dreams and Goals

Achieving realistic goals.  
Perseverance Learning strengths  
Learning with others  
Group co-operation  
Contributing to and sharing success

## Relationships

Different types of family  
Physical contact boundaries  
Friendship and conflict  
Secrets  
Trust and appreciation  
Expressing appreciation for special relationships

## Celebrating Difference

Assumptions and stereotypes about gender  
Understanding bullying  
Standing up for one-self and others  
Making new friends  
Gender diversity  
Celebrating difference and remaining friends

## Healthy Me

Motivation  
Healthier choices  
Relaxation  
Healthy eating and nutrition  
Healthier snacks and sharing food

## Changing Me

Life cycles in nature.  
Growing from young to old.  
Increasing independence.  
Differences in female and male bodies (correct terminology).  
Assertiveness.  
Preparing for transition.