

Year 2

Autumn 1



Being me in my world

Knowledge organiser- PSHE



Puzzle Outcomes

- I recognise that when I feel worried I know who to ask for help.
- I understand the rights and responsibilities of being a member of my class and school.
- I can help to make my class a safe and fair place.
- I listen to other people and contribute my own ideas about rewards/consequences.
- I can work cooperatively.
- I am choosing to follow the Learning Charter.

Reflective Questions

- ☺ How can we make the Learning Charter work in our class?
- ☺ Why is it important to be responsible

What Makes Our School Great?

As good citizens it is important for us to recognise how our behaviour can impact others and to understand how to compare our own and other people's choices to ensure the correct choices are made and why those decisions are correct.

Jigsaw Learning Charter



Key Vocabulary

Actions	The way in which something is done which can result in changes
Consequences	A result of a particular action or situation, often one that is not good or convenient.
Co-operate	To act or work together for a particular purpose, or to be helpful by doing what someone asks you to do.
Fears	An unpleasant feeling when you feel scared about danger pain or harm.
Hopes	A feeling or desire of an expectation or something happening.
Frustrated	Feeling or expressing distress and annoyance resulting from an inability to change or achieve something.
Negative	Emphasising the bad or unpleasant side of something.
Positive	Looking towards the good side of things.
Responsibility	Having an expectation to do something.
Problem-solving	The way in which people or individuals resolve/sort out and issue or puzzle.
Rewards	To give something in return for an achievement.
Solution	The answer to a problem.
Valued	Useful and important.
Worries	To feel or express concern about something or someone.

Year 2

Autumn 1



Celebrating Differences

Knowledge organiser- PSHE



Puzzle Outcomes

- I understand how boys and girls can be similar and feel good about this.
- I understand that boys and girls are different and accept that this is ok.
- I can identify bullying and understand it can be about difference and tell you how it might feel to be bullied.
- I can recognise what is right and wrong and how to look after myself.
- I can understand it is ok to be different from other people and to be friends with them.
- I can tell you some ways in which I am different to my friends and this makes me unique and special

Reflective Questions

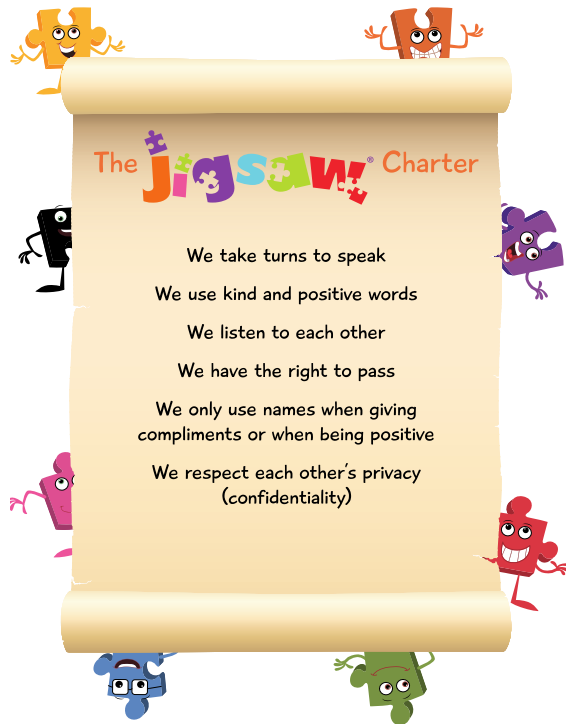
- ☺ Why do you think we make assumptions about boys and girls?
- ☺ Why is it important that we are not all the same?
- ☺ How does it feel when people are unfair?

What Makes Our School Great?

As good citizens it is important for us to understand how we all have similarities and differences to each other.

We also need to understand bullying is often because we are different but we are all unique and special.

Jigsaw Learning Charter



Key Vocabulary

Assumptions	A thing that is accepted as true without any proof.
Bully	Someone who looks to hurt or harm others who they consider vulnerable/easy to target.
Bullied	Someone who is experiencing harm by someone else
Deliberate	Done on purpose.
Difference	A point or way in which people or things are not the same.
Diversity	People can be different in many ways such as race, gender, culture and appearance.
Fairness	Giving everyone the same chance to get involved.
Shield	Something or someone that gives protection.
Similarities	Some things but not all are the same.
Special	Better, greater or different from usual.
Stereotypes	A mistaken belief or idea about someone based on how they look.
Unique	Something or someone who is important and special.
Value	Something that is important and worthwhile



Year 2

Spring 1



Dreams and Goals

Knowledge organiser- PSHE



Puzzle Outcomes

- I can choose a realistic goal and think about how to achieve it. I can tell you how I feel when I achieve it.
- I carry on trying even when I find things difficult.
- I can tell you some of my strengths as a learner.
- I can tell you who I work well with and how working with other people helps me learn.
- I can work well in a group to solve problems.
- I can tell you some ways I worked well in a group and how it made me feel.
- I know how to share success with other people and how this makes me feel.

Reflective Questions

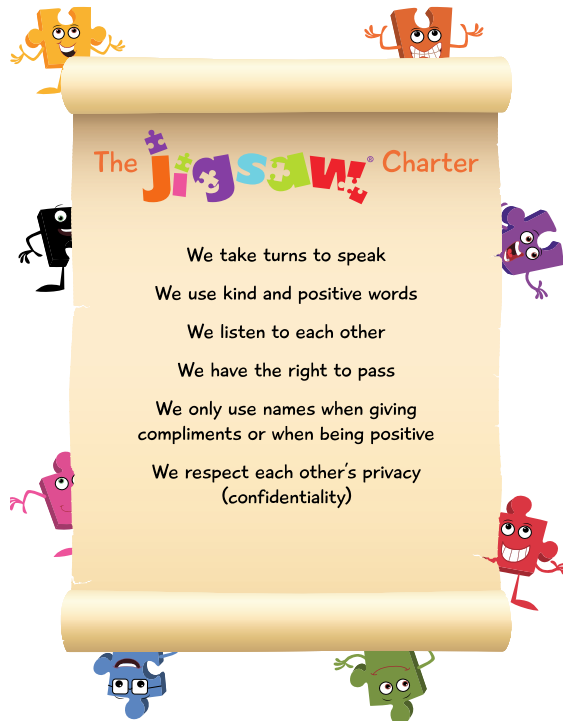
- ☺ What goals have you been set?
- ☺ What do you need to do to achieve your goal?
- ☺ How do you like to celebrate when you achieve something?

What Makes Our School Great?

As good citizens it is important for us to understand that we can achieve a realistic goal and how this feels.

Working in a group can often help us to achieve goals and it is important for us to celebrate and recognise success.

Jigsaw Learning Charter



Key Vocabulary

Achievements	A thing done successfully with skill, effort, or courage.
Proud	Feeling pleasure or satisfaction about something.
Celebrate	Acknowledge a significant event or achievement.
Challenge	To take part in something which pushes you to achieve.
Cooperation	To work together to achieve an end goal.
Difficult	Needing to work hard or put in more effort to achieve.
Partner	A pair (two) people doing the same activity.
Learning together	When 2 or more people learn something between them.
Realistic	A sensible or practical approach to achieving.
Goal	The object of a person's ambition or effort to aim for a desired result.
Strength	The ability to be strong with something.
Persevere	Continue to do something even if it is difficult or success is delayed.
Teamwork	Solving a problem or dealing with a difficult situation. together
Success	The accomplishment of an aim or purpose.



Year 2

Spring 2



Healthy Me

Knowledge organiser- PSHE



Puzzle Outcomes

- I know what I have to do to keep my body healthy and am motivated to make the right choices.
- I can tell you what relaxed means and what stressed means and know how this makes me feel.
- I know how medicines work and I feel positive about caring for my body and keeping it healthy.
- I can sort foods into the correct groups and know which foods I enjoy most to have a healthy relationship with food.
- I can make and share healthy snacks and express why they are good for our body.
- I can decide which foods are nutritious and give our bodies energy.

Jigsaw Learning Charter



Reflective Questions

- ☺ What does your body need to stay healthy?
- ☺ What does relaxed mean and how do you stay like this?
- ☺ What snacks could you eat before exercise?

What Makes Our School Great?

As good citizens it is important for us to understand that we can achieve a healthy relationship with food if we make the right choices.

Sharing healthy, nutritious snacks can help us to keep our energy levels and maintain a healthy lifestyle.

Key Vocabulary

Balanced diet	A diet that contains a good amount of different foods to be healthy.
Calm	Not showing nervousness, anger or other emotions.
Dangerous	Able or likely to cause harm or injury.
Energy	The ability to be active.
Fuel	Where we get our main energy source from e.g. carbohydrates.
Healthy	To keep your mind and body fit and well.
Lifestyle	The way in which a person lives.
Motivation	A reason for behaving in a particular way.
Nutritious	Nourishing/good food.
Portion	An amount of food/foods.
Proportion	A part or section of foods.
Relaxation	Being free from stress or tension.
Tense	Feeling tight or rigid.
Unhealthy	To choose things which do not keep your mind and body healthy.



Year 2

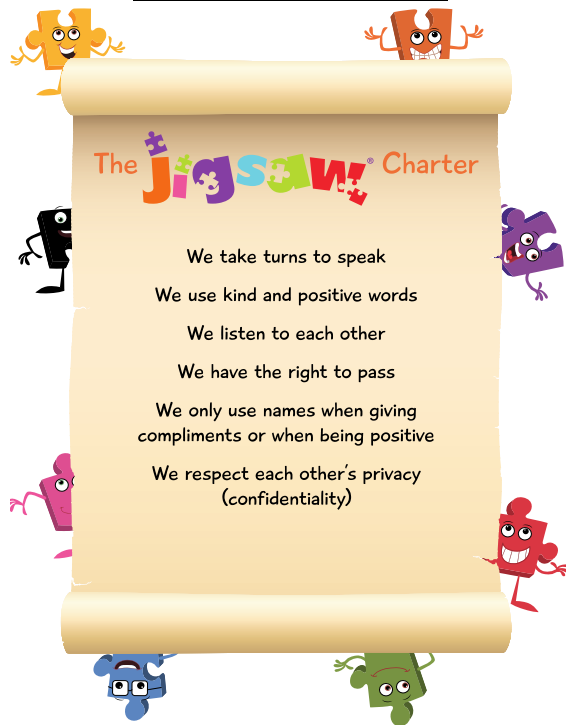
Summer 1



Puzzle Outcomes

- I know that everyone's family is different and can identify the different roles and responsibility in each family.
- I can recognise what physical contact is acceptable and what is unacceptable.
- I know how to work through problem-solving strategies when I fall out with friends.
- I can identify the negative feelings associated with keeping a worry secret.
- I can identify the feelings with trust and can share what I am grateful for in my family.
- I can say who I would go to for help if I was worried or scared.

Jigsaw Learning Charter



Relationships

Knowledge organiser- PSHE



Reflective Questions

- ☺ What's different from your family to your friend's?
- ☺ What would you do if someone was hurting you at school?
- ☺ Why do people fall out with each other and what can you do if you have an argument?

What Makes Our School Great?

As good citizens it is important for us to understand that we can achieve a healthy relationship with food if we make the right choices.

Sharing healthy, nutritious snacks can help us to keep our energy levels and maintain a healthy lifestyle.

Key Vocabulary

Acceptable	Able to be agreed with.
Appreciate	To recognise how good someone or something is.
Compliment	To express approval, appreciation or respect.
Conflict	A disagreement between people with different opinions.
Family	A group of people who are related to each other.
Honesty	Being truthful.
Hugs	To hold someone close in your arms.
Not acceptable	Something that is not right.
Physical contact	Touching another person.
Point of view	A way of considering something.
Problem-solving	Finding a solution to a difficult situation.
Trust	To believe that someone is good and honest and will not harm you.
Worry secret	A secret that you have been asked to keep that doesn't feel ok.



Year 2

Summer 2



Changing me

Knowledge organiser- PSHE



Puzzle Outcomes

- I know that life cycles happen in nature and that some changes can be controlled, and others cannot.
- I can understand that aging is a natural process, and I can express myself when change happens.
- I know that there will be lots of changes from when I was a baby to when I become an adult.
- I know the physical differences between male and female bodies and the proper names for private parts.
- I know what touching does not feel comfortable and that some may not be acceptable.
- I can confidently ask someone to stop if I am being hurt or I feel frightened.
- I can say what I am looking forward to next year.

Reflective Questions

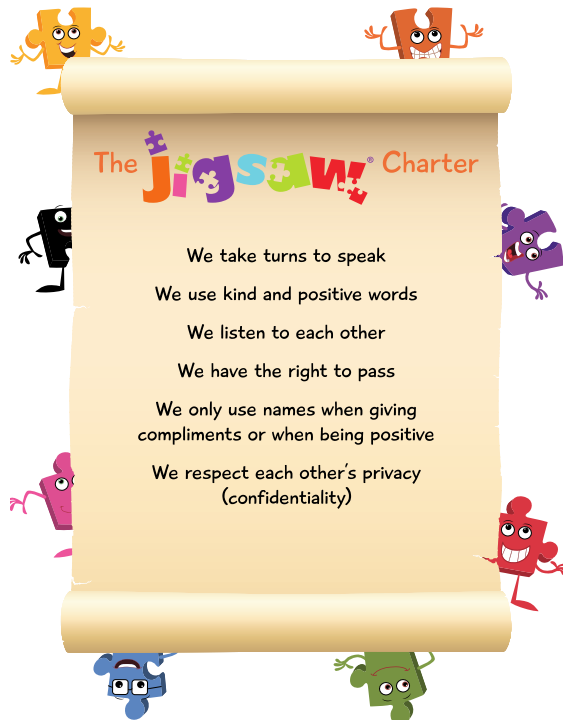
- ☺ What is a life cycle and how have you changed?
- ☺ How will you change over the next 20 years?
- ☺ What would you do if someone was touching you and you didn't like it?
- ☺ Who can you talk to if you are worried?

What Makes Our School Great?

As good citizens it is important for us to understand that we change and have differences between males and females.

We need to be confident in telling people no when we feel frightened or are being hurt.

Jigsaw Learning Charter



Key Vocabulary

Anus	The area where waste product leaves the body.
Anxious	Feeling worried, nervous or uneasy about something.
Change	How something adapts or develops over time e.g. life cycle changes in the body.
Cuddle	Hold someone close in your arms to show love and affection.
Freedom	The power or right to act and speak as you wish.
Respect	Regard for the wishes and feelings of others.
Testicles	Two oval organs next to the penis.
Timeline	A chronological arrangement to show how events happen.
Unacceptable	Not satisfactory or allowable.
Uncomfortable	Causing or feeling unease or awkwardness.
Vagina	A female genital organ (internal/inside).
Vulva	A female genital organ (external/outside)

