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| Autumn 1  (7 Weeks) | Core Theme 1 Unit 4 LESSON 5: Consequences – Good v Bad  Core Theme 2 Unit 1 LESSON 4: Co-operation – Negotiation  Core Theme 2 Unit 1 LESSON 5: Co-operation - Want to Play?  Extremism and Radicalisation: Core Theme 5 Lesson2 (KS1) Redfern Right  Extremism and Radicalisation: Core Theme 5 Lesson 3 (KS1) Valuing Difference -The Boring Song  Core Theme 1 Unit 2 LESSON 5: Keeping Clean - Bath-time |
| Autumn 2  (7 Weeks) | Core Theme 1 Unit 2 LESSON 5: Keeping Clean - Bath-time  Core Theme 1 Unit 2 LESSON 6: Skin - Skinny Tips  Core Theme 1 Unit 5 LESSON 3: Drug Safety – Magic Medicine  Core Theme 1 Unit 3 LESSON 2: The Human Body – Body Bits  Core Theme 1 Unit 3 LESSON 3: Growing Up – All Grown Up  Core Theme 1 Unit 3 LESSON 4: Changing Needs – I Need |
| Spring 1  (6 Weeks) | Core Theme 1 Unit 1 LESSON 5: Physical Activity – Mighty Muscles  Core Theme 1 Unit 1 LESSON 6: Exercise – Workout!  **Discrete lesson on Consent (Material Provided)**  Core Theme 2 Unit 2 LESSON 5: Behaviour – Help Me! |
| Spring 2  (5 Weeks) | Core Theme 2 Unit 3 LESSON 3: Behaviour – In My Shoes  Core Theme 2 Unit 3 LESSON 5: Teasing – Cry Baby!  LESSON 1: Different Communities – My Community  Core Theme 3 Unit 2 LESSON 2: School Communities – School Swap |
| Summer 1  (6 Weeks) | Core Theme 2 Unit 5 LESSON 1: Friendship – Best Features  Core Theme 2 Unit 5 LESSON 2: Friendship – Circles Time  Core Theme 1 Unit 2 LESSON 1: A Balanced Approach – Define:Healthy  Core Theme 1 Unit 2 LESSON 2: Physical Exercise – Active Kids?  Core Theme 1 Unit 2 LESSON 3: Lifestyle Choices – It’s Your Choice |
| Summer 2  (7 Weeks) | Safe Zone LESSON 2: Online Relationships  Safe Zone LESSON 3: Online Reputation  Safe Zone LESSON 4: Online Bullying  Safe Zone LESSON 5: Managing Online Information  Safe Zone LESSON 6: Copy right and Ownership  Safe Zone LESSON 7: Privacy and Security |

**Year 2 PSHE 2025-2026**

**Core Theme Coverage:**

Core Theme 1 Health and Wellbeing

Core Theme 2 Relationships

Core Theme 3 Living in the Wider World

**Additional Coverage:**

4. Relationships and Sex

5. Extremism and Radicalisation

6. Drugs Ed