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| Autumn 1(7 Weeks) | Core Theme 1 Unit 4 LESSON 5: Consequences – Good v BadCore 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 RightExtremism and Radicalisation: Core Theme 5 Lesson 3 (KS1) Valuing Difference -The Boring SongCore 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 TipsCore Theme 1 Unit 5 LESSON 3: Drug Safety – Magic MedicineCore Theme 1 Unit 3 LESSON 2: The Human Body – Body BitsCore Theme 1 Unit 3 LESSON 3: Growing Up – All Grown UpCore Theme 1 Unit 3 LESSON 4: Changing Needs – I Need |
| Spring 1(6 Weeks) | Core Theme 1 Unit 1 LESSON 5: Physical Activity – Mighty MusclesCore 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 ShoesCore 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 RelationshipsSafe Zone LESSON 3: Online ReputationSafe Zone LESSON 4: Online BullyingSafe Zone LESSON 5: Managing Online InformationSafe Zone LESSON 6: Copy right and OwnershipSafe 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