



Year 2 Lesson Directory

This directory provides an overview of the Year 2 Muse Wellbeing lessons, including lessons that support statutory Relationships Education, statutory Health Education, wider PSHE and pupil wellbeing.

Year 2 builds on the foundations introduced in Year 1, helping pupils develop greater independence, self-awareness and confidence in their relationships with others. Lessons are designed to be age-appropriate, practical and discussion-based, supporting children to understand emotions, care for their bodies, stay safe online, respect personal boundaries, recognise unkind behaviour and contribute positively to their communities.

The lessons are grouped into three areas of learning:

Health and Wellbeing: Pupils explore emotions, hygiene, oral health, safety, medicines and online wellbeing.

Understanding Relationships: Pupils learn about friendship, privacy, bullying, boundaries and online respect.

The World Around Us: Pupils explore fairness, diversity, community, money, resilience and personal goals.

Teachers can use this directory to quickly understand the sequence of learning across the year, identify lesson themes and support medium-term planning. PSHE leads and senior leaders may also use it as a simple overview of curriculum coverage for Year 2.

Together, these lessons help pupils strengthen their knowledge, vocabulary and confidence as they continue their PSHE and wellbeing journey with Muse Wellbeing.

Year 2 Lesson Directory: Health and Wellbeing

Main Learning Objective		Sub Learning Objective	
1	How Do You Feel Today?	To know that it is normal to feel a range of emotions in our daily life (sad, happy, anxious, excited)	To seek support when feeling worried or concerned and know when and how to do this
2	Positive Vibes	To discuss and consider activities that can help us feel better (family time, rest, practising gratitude, kindness to self and others, exercise)	To understand the differences and similarities between mental and physical health
3	Beat Bullying!	To understand that all forms of bullying (including online) can negatively affect a person's mental health	
4	Getting Help	To seek support when feeling worried or concerned and know when and how to do this	To know who to speak to in school if they are worried about their health
5	Staying Safe	To recognise risk in everyday situations and ways to stay safe	To recognise potential risks at home and at school such as electrical appliances
6	Staying Safe Online	To identify and share simple internet safety strategies	To know when to speak to an adult when they see something online they do not like or that scares them
7	I am a Digital Citizen	To identify key characteristics of a positive "Digital Citizen" in their use of technology and the internet	To understand the online world is similar but different to the real world
8	Personal Privacy	To understand different types of personal privacy	To recognise the main differences between male and female bodies (and what areas of their bodies are private)
9	Good Food, Good Exercise	To understand how inactivity and diet are linked to obesity and the associated health issues	
10	SMILE!	To understand how to look after our oral hygiene (including the effects of sugar)	
11	Safety and Medicines	To know that medicine can sometimes help us when used carefully and the importance of vaccines and immunisations	To understand how to stay safe in the sun and why we should do this
12	Exercising Wellbeing	To understand that mental health (like physical health) can be exercised and improved	To know the choices we make affect our mental and physical wellbeing

Year 2 Lesson Directory: Understanding Relationships

		Main Learning Objective	Sub Learning Objective
13	My Special People	To identify people who are special in their lives (family, carers, siblings, friends, teachers)	
14	Understanding Relationships	To understand and identify the characteristics of a range of relationships (family, relative, friend, teacher)	To understand that families can provide care, support and love
15	Super Supporters	To understand how they can be supportive of friends in difficult situations	To understand some children have different needs and feelings
16	Signs of Sadness	To recognise when a person may feel lonely or upset and how they can help	To know when to speak to an adult if a friendship is making them feel unhappy
17	Exclude - Include	To know that excluding others can cause someone to feel unhappy	
18	No Bullies Allowed!	To identify the impacts of bullying	To recognise when a person is being bullied and understand sensible actions to challenge this behaviour (including finding an adult)
19	Words Can Hurt and Heal	To understand that speaking negatively to a person can impact on their overall wellbeing and health	
20	It's Personal	To know that some personal information is private and doesn't need to be shared with friends	
21	Who Are You Talking to Online?	To know that sometimes people may pretend to be a different person when online	
22	Be SMART	To identify positive ways to communicate online	To understand that people may bully or tease others online (just like in the real world)
23	Seeking Permission	To know that they must ask permission to do certain activities in some situations	To know how to ask for advice or help for themselves or others within the school community
24	Respectful Boundaries	To understand and respect the physical and personal privacy of themselves and others	To know how to report concerns and who they must speak to at school

Year 2 Lesson Directory: The World Around Us

		Main Learning Objective	Sub Learning Objective
25	Humans and Living Things	To know that humans and living things have needs and how they can support this	
26	Stand Up for Change!	To explain and describe their opinions with reason	To listen to other people with respect, even when their ideas differ to their own
27	Inequalities	To recognise actions or situations they feel are unfair and explain how it makes them feel	
28	Kindness in Our Communities	To understand their own actions can help improve the lives of other people	To consider ways to support and help other people in their community
29	We're All Different	To recognise and celebrate diversity within their local community	To be open minded and accepting of all people within their local communities
30	Where We Live	To compare where they live to other places around the world (and the challenges other people have)	To understand the features of the local area where they live
31	The Job for Me!	To discuss what jobs and types of employment they like	
32	Money Matters	To know that money comes from different sources and is used for a variety of reasons	
33	STEM Group Project	To work collaboratively and support their group in learning and shared activities	To show confidence in approaching activities in their own style and using their strategies
34	Resilience and Growth Mindset	To show resilience in new learning to grow and develop their skills and thinking	
35	Growth, Targets and Goals	To identify areas they can improve on and set targets based on this	To set targets and goals and track their progress
36	Reflection	To reflect on personal growth and learning and consider steps to continuing development	