



Year 2 PSHE & RSE Curriculum Map

Autumn 1		Spring 1		Summer 1	
Lesson 1	Girls and Boys: <ul style="list-style-type: none"> • That our bodies are good • The names of our body parts • Girls and boys have been created by God to be both similar and different 	Lesson 1	Clean and Healthy: <ul style="list-style-type: none"> • We need to look after our bodies • Healthy lifestyles • Sleep, rest and recreation • Personal hygiene 	Lesson 1	Real life Online: <ul style="list-style-type: none"> • The internet connects us to others and helps us in lots of ways • Our feelings matter – both online and offline
Lesson 2	Meet your brain: <ul style="list-style-type: none"> • We are learning what our brain looks like and how it helps us • We are learning that the brain has 3 parts 	Lesson 2	Appreciate: <ul style="list-style-type: none"> • We are learning what Gratitude means • We are learning how we can show gratitude • We are learning who we may be grateful for 	Lesson 2	Rules to Help Us: <ul style="list-style-type: none"> • Understand safe and unsafe situations, including online. • Ask for adult help with anything that worries them or makes them feel safe online
Lesson 3	Meet your brain: <ul style="list-style-type: none"> • We are learning how our brains grow • We are learning what Neuroplasticity is • We are learning how Team H-A-P helps us be our best self 	Lesson 3	Appreciate: <ul style="list-style-type: none"> • We are learning about the importance of showing gratitude to ourselves • We are learning how Gratitude helps Team H-A-P 	Lesson 3	Engage: <ul style="list-style-type: none"> • We will be learning how we can use everything that you have learnt to feel good and do good
Lesson 4	Meet your brain: <ul style="list-style-type: none"> • We are learning which emotions might impact Team H-A-P • We are learning how you can help Team H-A-P 	Lesson 4	Appreciate: <ul style="list-style-type: none"> • We are learning why it is important to be grateful for experiences 	Lesson 4	Engage: <ul style="list-style-type: none"> • We will be learning when we feel good, we do good • We will learn how to see goals
Lesson 5	Meet your brain: <ul style="list-style-type: none"> • We are learning about how Happy Breathing helps us. • We are learning that our brain reacts differently in different situations 	Lesson 5	Beginnings and Endings: <ul style="list-style-type: none"> • What 'death' means • Some feelings connected with grief 	Lesson 5	Engage: <p>We are learning how we can keep focused on our goals when things get tough</p>

	<ul style="list-style-type: none"> We are learning how Neuroplasticity can help Happy Breathing 		<ul style="list-style-type: none"> What Christians say about death and eternal life Ways to support yourself and others when you are grieving 		
Lesson 6	Meet your brain: <ul style="list-style-type: none"> Recapping and thinking about how we can use our new knowledge 			Lesson 6	Engage: <ul style="list-style-type: none"> We are recapping everything we have learnt this year
Autumn 2		Spring 2		Summer 2	
Lesson 1	The Cycle of Life: <ul style="list-style-type: none"> To learn and appreciate that there are natural life stages from birth to death and what these are. 	Lesson 1	Relate: <ul style="list-style-type: none"> We are learning how we can have good relationships with other people We are learning how our differences can help us 	Lesson 1	Can You Help Me? Part 1 <ul style="list-style-type: none"> About what is and isn't an emergency In an emergency, they (or an adult) should call 999 and ask for ambulance, police and/or fire brigade
Lesson 2	Change is all Around: <ul style="list-style-type: none"> Change is a part of life Managing our feelings about change helps to prepare us for future changes God is with us as we change and grow 	Lesson 2	Relate: <ul style="list-style-type: none"> We are learning how we can have good relationships with other people We are learning how our differences can help us 	Lesson 2	Can You Help Me? Part 2 <ul style="list-style-type: none"> For medical help, basic First Aid should be used
Lesson 3	Celebrate: <ul style="list-style-type: none"> We are learning all about character and why it matters 	Lesson 3	Relate: <ul style="list-style-type: none"> We are learning more about how we relate with others We are learning how to use our strengths to relate to others 	Lesson 3	Who will I be? <ul style="list-style-type: none"> Different types of jobs in the community Some of the gifts, skills and strengths needed to do different jobs All jobs are open to boys and girls Work is part of our purpose
Lesson 4	Celebrate: <ul style="list-style-type: none"> We are learning about which Character Strengths we use the most We are learning why it's important to use Character Strengths 	Lesson 4	Relate: <ul style="list-style-type: none"> We are learning about Active Listening and how it helps us to relate to others 	Lesson 4	Needs and Wants: <ul style="list-style-type: none"> Money is valuable and is used as an exchange for needs and wants Wants and needs are different Spending and saving
Lesson 5	Celebrate: <ul style="list-style-type: none"> We will learn how we can grow our strengths 	Lesson 5	Relate: <ul style="list-style-type: none"> We are learning about other people's reactions 		

Lesson 6	Celebrate: <ul style="list-style-type: none">• We are learning about sharing your strengths with others and giving positive feedback		<ul style="list-style-type: none">• We are learning how Happy Breathing can help with our friendships.		
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- **PSHE – My Happy Mind**
- **PSHE – Ten Ten Life to the Full Plus (PSHE)**
- **RSE – Ten Ten Life to the Full (RSE)**