



Year 2 PSHE & RSE Curriculum Map

Autumn 1		Spring 1		Summer 1	
Lesson 1	Girls and Boys: - 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	Rules to Help Us: - Understand safe and unsafe situations, including online. - Ask for adult help with anything that worries them or makes them feel safe online	Lesson 1	Clean and Healthy: - We need to look after our bodies - Healthy lifestyles - Sleep, rest and recreation - Personal hygiene
Lesson 2	Meet your brain: - 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: - 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	Engage: We will be learning how we can use everything that you have learnt to feel good and do good
Lesson 3	Meet your brain: - 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: - We are learning about the importance of showing gratitude to ourselves - We are learning how Gratitude helps Team H-A-P	Lesson 3	Engage: - We will be learning when we feel good, we do good - We will learn how to see goals
Lesson 4	Meet your brain: - 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: We are learning why it is important to be grateful for experiences	Lesson 4	Engage: We are learning how we can keep focused on our goals when things get tough
Lesson 5	Meet your brain: - We are learning about how Happy Breathing helps us. - We are learning that our brain reacts differently in different situations			Lesson 5	Engage: We are recapping everything we have learnt this year

	We are learning how Neuroplasticity can help Happy Breathing				
Lesson 6	Meet your brain: Recapping and thinking about how we can use our new knowledge				
Autumn 2		Spring 2		Summer 2	
Lesson 1	The Cycle of Life: To learn and appreciate that there are natural life stages from birth to death and what these are.	Lesson 1	Relate: - We are learning how we can have good relationships with other people - We are learning how our differences can help us	Lesson 1	Change is all Around: - 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	Beginnings and Endings (M1/U4/S2): - What 'death' means - Some feelings connected with grief - What Christians say about death and eternal life - Ways to support yourself and others when you are grieving	Lesson 2	Relate: - 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 1 (M2/U4/S4) - 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 3	Celebrate: We are learning all about character and why it matters	Lesson 3	Relate: - We are learning more about how we relate with others - We are learning how to use our strengths to relate to others	Lesson 3	Can You Help Me? Part 2 (M2/U4/S5) For medical help, basic First Aid should be used
Lesson 4	Celebrate: - 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: We are learning about Active Listening and how it helps us to relate to others	Lesson 4	Needs and Wants: (M3/U2/S3) - Money is valuable and is used as an exchange for needs and wants - Wants and needs are different - Spending and saving
Lesson 5	Celebrate: We will learn how we can grow our strengths	Lesson 5	Relate: - We are learning about other people's reactions - We are learning how Happy Breathing can help with our friendships.		
Lesson 6	Celebrate: We are learning about sharing your strengths with others and giving positive feedback				

- **PSHE – My Happy Mind**
- **PSHE – Ten Ten Life to the Full Plus (PSHE)**
- **RSE – Ten Ten Life to the Full (RSE)**