

Whitley Abbey Primary School
Year 2 PSHE Curriculum

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Autumn			Spring			Summer			
PSHE-	Character Education-	Growth Mindset	PSHE-	Character Education-	Growth Mindset	PSHE-	Character Education-	Growth Mindset	
Relationships	Caring Helpfulness Cooperation Courage kindness	What is a growth mindset? Resilience	Living in the wider world	Cleanliness, fairness, friendliness, patience, respect	Reciprocity Resourcefulness	Health and Well being	Courtesy, forgiveness, determination, self-discipline, gratitude, honesty.	Reflection What kind of superhero am I?	
Focus			Key knowledge		Core Vocabulary	POP tasks		Links to Curriculum Drivers	
<p>Throughout the year - Mental Health and Wellbeing. We all have feelings Good and not so good feelings Big Feelings</p> <p>Use of Public Health England materials as needed. https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview</p> <p>Thrive materials and action planning used throughout the year. Individual and class action plans created.</p>			<p>I can recognise different feelings in myself and others. To know that feelings change and that not everyone experiences the same feeling in the same situation. To understand that we sometimes have 'big' feelings, who I can go to for help and how I can make myself feel better</p>		<p>happy, sad, upset, angry, excited, comfortable, uncomfortable, scared, nervous, worried, confused, embarrassed, ashamed, bored, silly, lonely, grumpy, confident, calm, proud, jealous, nervous Good feelings, not so good feelings, comfortable, uncomfortable, scared, happy, sad, embarrassed, upset, angry, excited, nervous, worried,</p>			<p>Well being</p>	<p>PSHE Association – Mental Health and wellbeing lessons (KS1) – see link below</p>

		<p>confused, ashamed, bored, silly, lonely, grumpy, confident, calm, proud, jealous, nervous.</p> <p>Big feelings, little feelings, good feelings, not so good feelings, unsure, worried, anger, angry, sadness, excited, intensity, happy, heartbroken, scared, thrilled, distressed, glad, furious, overjoyed, terrified, sleepy, exhausted</p>			
Autumn					
<p><u>PSHE/RSE: Relationships</u> Families and Friendships Safe relationships – Respecting ourselves and others –</p>	<p>Making friends; feeling lonely and getting help. Managing secrets; resisting pressure and getting help; recognising hurtful behaviour. Recognising things in common and differences; playing and working cooperatively; sharing opinions. NSPCC Talk Pants Resources</p>	<p>kind/unkind, respect</p>		<p>Well being Community</p>	<p>PSHE Association Thematic Model – see link below. NSPCC Talk Pants resource – see link below.</p>
<p><u>Character Education</u> An introduction to our Whitley Core Values and their characters – kindness, friendship, courage, honesty, gratitude and resilience. Caring – Helpfulness – Cooperation – Courage –</p>	<p>Introducing the Whitley Core Values and the animals who represent them. Caring for others and family People who help us. Encouraging one another. Saying hello to new people.</p>		<p>Virtue Shields</p>	<p>Community Well being</p>	<p>Jubilee Centre for Character Education – see link below.</p>

National Kindness Week – Reflection –	The cup of kindness.				
Growth Mindset <u>Autumn 1</u> What is growth mindset? Year group focus lessons: <u>Autumn 2</u> Professor Resilience Managing distractions; recognising and reducing interruptions Perseverance; stickability	Autumn 1 Year group focus lessons: Playing teacher 'Oh no!' I've made a mistake! 'Girls can't do that!' Dream big! Super effort Challenge mountains Ding dong! How much effort <u>Autumn 2</u> Managing distractions; recognising and reducing interruptions Perseverance; stickability			Love of learning Well being	
Spring					
<u>PSHE/RSE: Living in the Wider World</u> Belonging to a community – Media literacy and digital resilience – Money and Work –	<u>PSHE/RSE: Living in the Wider World</u> Belonging to a group; roles and responsibilities; being the same and different in the community. The internet in everyday life; online content and information. What money is; needs and wants; looking after money.			Community Well being Possibilities	PSHE Association Thematic Model – see link below.
<u>Character Education</u> Cleanliness Fairness Friendliness Service Project Patience Respect Reflection	Food hygiene Fair shares for others. Practise introductions and ask questions. Growing in the community. Busy adults/Games that encourage patience. Classroom and Playground rules that help us show respect. Virtue shields or Aristotle's bottles.		Virtue Shields or Aristotle's Bottles	Well being Community	Jubilee Centre for Character Education – see link below.
Growth Mindset Spring 1 Whole school assembly and cross curricular focus: Resourcefulness: Doctor Resourceful (being ready, willing and able to learn in different ways.) Spring 2	<u>Spring 1</u> KS1 focus, resourcefulness: Questioning; getting below the surface Imagining; using your mind's eye			Love of learning. Community	

Whole school assembly and cross curricular focus: Reciprocity: Reciprocity Ranger (being ready, willing and able to learn alone and with others)	<u>Spring 2</u> KS1 focus, reciprocity: Collaboration; the skill of learning with others Interdependence; balancing self-reliance and sociability.				
Summer					
<u>PSHE/RSE: Health and Wellbeing</u> Physical health and Mental Wellbeing – Growth and changing – Keeping Safe –	<u>PSHE/RSE: Health and Wellbeing</u> Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help. Growing older; naming body parts; moving class or year. Safety in different environments; risk and safety at home; emergencies.			Wellbeing	
<u>Character Education</u> Courtesy – Forgiveness – Determination Self-discipline – Gratitude – Honesty – Reflection –	Aesop’s Fable/Courtesy in the classroom. I beg your pardon/Making a friendship. Dream on/Aim high Self-discipline – Active listening. Gratitude – A visit from a school staff member/Thanking the classroom visitor. Honesty – Telling the whole truth. Reflection – Virtue Shields or Aristotle’s bottles.		Virtue Shields or Aristotle’s Bottles	Love of learning Community	Jubilee Centre for Character Education – see link below.
Summer 1 Growth Mindset Whole school assembly and cross curricular focus: Reflectiveness: Captain Reflective Summer 2 What kind of a super-hero am I?	Summer 1 KS1 focus: Captain Reflective Planning; working learning out in advance Summer 2			Love of learning	

	What kind of a super-hero am I?				
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PSHE Association Thematic Model

https://www.pshe-association.org.uk/system/files/2.%20Primary%20Programme%20Builder%20-%20Thematic%20model_1.pdf

PSHE Association Mental Health and Wellbeing

<https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-lesson-plans>

Jubilee Centre for Character Education

<https://www.jubileecentre.ac.uk/1635/character-education>

NSPCC Talk Pants

<https://learning.nspcc.org.uk/research-resources/schools/pants-teaching>

Public Health England Rise Above Website.

<https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview>

