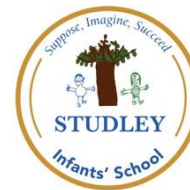


PHSE Curriculum Overview



Year 2

	Autumn		Spring		Summer	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PHSE	Meet your brain	Taking care (We all have the right to feel safe)	Celebrate	Appreciate	Relate	Engage
Sticky Knowledge/ Key concept	-Learn more about what their brain looks like and that it is fully grown by the age of 6.. -How our brain helps us make good and bad decisions. -How amygdala causes the flight and fight response. -The benefits of calming strategies.	-We all have the right to feel safe. -Identifying early warning signs of physical feelings. -Learning the correct terminology for naming body parts so that everyone knows exactly what is being talked about. The key message given is that the whole of their body is private and its up to them to give permission for people to touch them. -Understanding that we all have a network of people to help us if we are worried / scared.	-To think about the 5 character strengths and examples of strength in action. 1.Love and kindness 2.Bravery and honesty 3.Exploring and learning. 4.Teamwork and friendship. 5.Love of life and our world. -What is Neuroplasticity and how we can grow our character strengths if we practice using them. -Identify which character strengths they would like to grow or use more of.	-To understand what appreciate means and how we can show appreciation. -Appreciating others, experiences and themselves. -How to develop an attitude of Gratitude and how gratitude makes them feel good. -Happy breathing exercises to remind them how to appreciate the things that we might forget.	-How we relate to different people in different ways. -How character`s strengths can help us get along with people.</li> <li>-They will learn that we all have different strengths.</li> <li>-People react in different ways.</li> <li>-The characteristics of a good friend.</li> <li>-How to actively listen and what `Stop, Understand and Consider` means and how this can help them with friendship issues.	-When they feel good they do good. -How goal setting is a good way to help us achieve. -How if we set goals we are more likely to achieve them. -Happy breathing and how it can assist you.