

CHARLES DARWIN COMMUNITY PRIMARY SCHOOL PSHCE CURRICULUM

Year 2

Term	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
My Happy Mind						
Unit	Meet Your Brain	Celebrate	Appreciate	Relate	Engage	
NC Statutory Requirements	H1, H4, H9, H11, H12, H13, H14, H15, H16, H17, H18, H19, H24 R10, R11, R25	H21, H22, H23 R22, R23, R25 L6, L14	R2, R22, R25	R1, R6, R7, R8, R11, R21, R22, R23, R24, R25 L6	R25	
Lessons	<p>I know where my brain is and what it looks like.</p> <p>I know our brain has 3 main parts, and it works best when they work together.</p> <p>I know when I feel big emotions, my Amygdala can react and take over my brain, sending the Hippocampus and Prefrontal Cortex to sleep.</p> <p>I know Happy Breathing helps my entire body to relax and wakes up the Hippocampus and Prefrontal Cortex.</p> <p>I know if I want to improve at something, I need to practice repeatedly. This is #called Neuroplasticity</p>	<p>I know what Character Strengths are and how they make us unique and special.</p> <p>I understand the best way to learn more about your strengths is to notice them.</p> <p>I know our strengths are like superpowers, and when we use them, it helps us to be our best and feel happy.</p>	<p>I know what Appreciate means and how we show Appreciation.</p> <p>I know you can appreciate others, experiences and not just material things.</p> <p>I know how to develop an Attitude of Gratitude.</p> <p>I understand how Happy Breathing can remind us to appreciate the things we might forget.</p> <p>I know when we give and receive gratitude, it makes Team H-A-P happy, and they can work well together</p>	<p>I know relate means to get along with others and understand another person and that they can relate with family, friends, and teachers in different ways.</p> <p>I know what Active Listening is and what 'Stop, Understand and Consider' means and think about how this can help them with friendship issues.</p> <p>I know that Happy Breathing can help me if I have big emotions when falling out with friends.</p>	<p>I know what engage means and what types of things I can engage in.</p> <p>I know when I engage in something and feel happy, I can do the activity better.</p> <p>I can set goals; sometimes these can be to do with learning, and other times they are to do with a hobby.</p> <p>I can help set a class goal using the 3 steps.</p>	

NO OUTSIDERS						
TEXTS	The Odd Egg by Emily Gravett	The Great big book of families by M.Hoffman	Blown Away by Rob Biddulph	Just because by Rebecca Elliot	The First Slodge by Jeanne Willis	
KPI	To understand what makes someone feel proud	To understand what diversity is	To be able to work with everyone in my class	To feel proud of being different	To understand how we share the world	
NC Statutory Requirements						
RSE taught Summer 2						
Lesson Objectives from Medway Public Health Directorate	Lesson 1: Growing Up – The Human Life Cycle We are learning about how we change as we grow. Lesson 2: Everybody's body We are learning to name different parts of the body, including genitalia					
NC Statutory Requirements	H25, H26 R1, R2, R13, R20, R23 L2					
Drug and Alcohol Education						
Lesson Objectives from Medway Public Health Directorate	Lesson 1 Keeping healthy: medicines Pupils learn about medicines and the people who help them to stay healthy Lesson 2 Keeping safe: medicines and household products Pupils learn rules about keeping safe around medicines and other household products					
NC Statutory Requirements	H1, H6, H10, H29, H31, H33					
LIVING IN THE WIDER WORLD						
ASSEMBLIES and focus lessons	Fairtrade Fortnight Recycle week British Values European day of languages Black History Month Hello Yellow – World Mental Health	Firework Safety Anti-Bullying Week Inter-Faith week Remembrance UK Parliament week	Rail Safety Safer Internet Comic Relief	British Values World Book Day Children's Mental Health Week International Women's Day British Science Week Speak Out Stay Safe Neurodiversity week		World Environment day World Ocean day Sun Safety World Refugee Week
Charities	Jeans for Genes		Comic Relief	NSPCC		

	Hello Yellow					
Religious Festivals	Yom Kippur Diwali	Advent Christmas	Chinese New Year	Ramadan Holi Eid Al Fitr Easter		Eid al Adha
No Outsiders and Protected Characteristics assembly	RACE Mixed – Arree Chung Premier League Stars website videos	RELIGION Welcome to Our World: A Celebration of Children Everywhere!	GENDER My Shadow is Pink Rosa Plays Ball	DISABILITY I am Not a Label We Are All Wonders	AGE	FAMILIES/MARRIAGE Fantastic Families All Kinds of Families