Year 2 PSHE & RHE Overview

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|  | Learning Intentions |
| **We Eat Elephants**Programme of intervention that runs throughout the Autumn term and is delivered by Marie who is our Educational Mental Health Practitioner | Understanding your feelingsUsing engaging and colourful resources, the programme helps young children understand what they are feeling, why, and how to deal with the effects. With scenarios to talk through, feelings cards to help explain, and other well tested CBT methods, We Eat Elephants is a great way to help children learn to communicate and express their feelings. |
| **Module 1: Unit 1** **Religious Understanding**Story Sessions: Let the Children Come | Children will learn that:* We are created individually by God
* God wants us to talk to Him often through the day and treat Him as our best friend
* God has created us, His children, to know, love and serve Him
* We are created as a unity of body, mind and spirit: who we are matters and what we do matters
* We can give thanks to God in different ways
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| **Module 1: Unit 2****Me, My Body, My Health**Session 1: I am Unique | Children will learn that:* We are unique, with individual gifts, talents and skills.
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| Session 2: Girls and Boys | Children will learn:* That our bodies are good
* The names of our body parts
* That girls and boys have been created by God to be both similar and different, together making up the richness of the human family
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| Session 3: Clean and Healthy (1) | Children will learn:* That our bodies are good and we need to look after them
* What constitutes a healthy lifestyle, including physical activity, dental health and healthy eating
* The importance of sleep, rest and recreation for our health
* How to maintain personal hygiene
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| Session 4: Clean and Healthy (2) | Children will learn:* That our bodies are good and we need to look after them
* What constitutes a healthy lifestyle, including physical activity, dental health and healthy eating
* The importance of sleep, rest and recreation for our health

How to maintain personal hygiene |
| **Module 1: Unit 3****Emotional Wellbeing**Session 1: Feelings, Likes and Dislikes | Children will learn:* That it is natural for us to relate to and trust one another
* That we all have different ‘tastes’ (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc)
* A language to describe our feelings
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| Session 2: Feeling Inside Out | Children will:* Gain a basic understanding that feelings and actions are two different things, and that our good actions can ‘form’ our feelings and our character
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| Session 3: Super Susie Gets Angry | Children will learn:* Simple strategies for managing feelings and maintaining good behaviour
* That choices have consequences; that when we make mistakes we are called to receive forgiveness and to forgive others when they make mistakes
* That Jesus died on the cross so that we would be forgiven
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| **Module 1: Unit 4****Life Cycles**Session 1: The Cycle of Life | Children will:* Learn and appreciate that there are natural life stages from birth to death, and what these are
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| Session 2: Beginnings and Endings | Pupils will learn:* What ‘death’ means
* About some feelings often connected with grief
* What the Christian faith says about death and eternal life
* Some ways to support themselves and others when they are grieving
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| Session 3: Change Is All Around | Children will learn:* 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.
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| **Module 2: Unit 3****Life Online**Session 1: Real Life Online | Children will learn:* That the internet connects us to others and helps us in lots of ways.
* Our feelings matter – both online and offline.
* That Jesus cares about our feelings and gives us peace.
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| Session 2: Rules to Help Us | Children will learn to:* Understand safe and unsafe situations, including online.
* Ask for adult help with anything that worries them or makes them feel unsafe
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| **Module 3: Unit 1****Religious Understanding**Session 1: Three in One | Children will learn that:* God is love: Father, Son and Holy Spirit
* Being made in His image means being called to be loved and to love others
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| Session 2: Who Is My Neighbour | Children will learn:* To know what a community is, and that God calls us to live in community with one another
* A scripture illustrating the importance of living in community as a consequence of this
* Jesus’ teaching on neighbours
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| **Module 3: Unit 2****Living in the Wider World**Session 1: The Communities We Live In | Children will learn:* That they belong to various communities such as home, school, parish, the wider local community, nation and global community
* That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen etc.
* That we have a duty of care for others and for the world we live in (charity work, recycling etc.)
* About what harms and what improves the world in which we live
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| Session 2: Needs and Wants + Classroom Shorts | Pupils will learn:* That money is valuable and is used as an exchange for needs and wants.
* That wants and needs are different.
* About spending and saving choices.
* That God’s love and the love we share with others is more valuable than anything.
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| The aspects of non-statutory PSHE which are not wholly covered by ‘Life to the Full Plus’ are listed below. These will be taught using resources and lesson plans from the PSHE Association Website. |
| **Economic Wellbeing:**Aspirations, Work & Careers | L.16. different jobs that people they know or people who work in the community doL17. about some of the strengths and interests someone might need to do different jobs |