**Medium Term Curriculum Overview 2023/24 – Autumn Term Subject: PSHE Year: 2**

*'I can do all things through Him who strengthens me'*  Philippians. 4:13

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|  | Au1  **Koinonia**  **Democracy**  Healthy Lifestyle/ Health and Wellbeing | Au2  **Generosity**  **Individual Liberty**  Living in the Wider World - Respecting Environment/ Responsibility |
| Week 1  **To always explore the British Value of the Term** | **To always explore the British Value of the Term**  **British Value**  **Democracy**   * To understand the meaning of word Democracy   (Using our voice)   * To understand what Democracy looks like at Bishop King * To understand what Democracy looks like in Great Britain (Government)   **Please use pupil voice to create class rules/routines.** | **To always explore the British Value of the Term**  **British Value**  **Individual Liberty**   * To understand the meaning of the words Individual Liberty   (Knowing we are free and have rights)   * To understand we are free to do what’s right, as long as it doesn’t hurt anyone else. * To understand we must respect other people’s rights and choices. |
| Week 2 | **‘Exploring Feelings’**   * To know understand and recognise different feelings * To understand ‘Body Clues’ and the affect people’s bodies and how they behave. * To understand strategies they can use to cope with their own feelings (self regulate) * To know how to manage scenarios when things become difficult. | Macintosh HD:Users:sophie:Desktop:Screen Shot 2020-07-07 at 14.02.48.pngMacintosh HD:Users:sophie:Desktop:Screen Shot 2020-07-07 at 14.00.29.png  **‘We are all equal’**   * To understand diversity within a community and learn how we respect people who are different to us. * To know how to show tolerance, respect and generosity to people in different community groups to me. |
| Week 3 | **‘Keeping Healthy’ (Physically)**   * To understand what it means to be physically healthy. * To know what constitutes as a healthy diet. * To understand the importance of maintaining good personal hygiene. | **‘Shared Responsibilities’**   * To understand what are our own responsibilities and to know my shared and own responsibility in school, community and home. * To understand our responsibility in caring for others and all living things |
| Week 4 | **Mindfulness/Exploring Mental Health for Younger Children**   * **‘**To understand the importance of keeping our minds healthy as well as our physical health. * To understand how to seek support for ‘big feelings’ and our own coping strategies for ‘small feelings.’ * To know we use mindfulness to reduce stress/worries or anxiety. | **‘Shared Responsibilities’**   * To know and understand why look after our local environment, Bishop King. * To know and understand why we keep safe in the local environment, Sincil Bank. * To know how to and understand why we look after our wider world |
| Week 5 | **‘Keeping Safe -Exploring First Aid’**   * To understand and know how to keep safe at home. * To understand risk in simple everyday situations and what actions to take to minimise harm. * To know how to contact people who help us in the community (999) | **‘Exploring Friendships’**   * To know what makes a good friend * To understand and know strategies to solve conflict between friends (Peer Pressure) * To understand how our actions can make others feel (Empathy) |
| Week 6 | **Our Class Family**   * To know and understand who supports us in and out of school. * To know who is in their ‘Support Network’   (Friends, Family and School Staff) | **Can I recognise risky and negative relationships?**   * How to recognise the feeling of comfortable and uncomfortable – what is acceptable and not acceptable * To have the ability to say ‘no’ * To know a good friend is someone you can trust   **When to say ‘no’/ ‘I’ll tell’ –**   * To know that sometimes we have a responsibility to tell |
| Week 7 | **‘Ourselves Growing and Changing’**  Macintosh HD:Users:sophie:Desktop:Screen Shot 2020-07-07 at 13.41.24.png   * To understand and know what makes them special and the ways in which we are all unique. * To know what they am good at, what they like and dislike. * To understand the importance of aspirations. (Dream Big) | **‘My Support Network – (Review)’**   * To know which adults can help me? * To know members of the community can help me? * To know which friends can help me? * To know could I help myself? |