



PSHE & Citizenship Scheme of Work

Year 2 Autumn Term 2018

Visiting Speakers 2018

“Stretch and Grow” 8:30 – 9:10am Studio Theatre

- EEG – Weds 12th Sept.
- IML – Weds 19th Sept.
- SPB – Weds 26th Sept.
- BLD – Weds 3rd Oct.

“What makes us healthy?” with Felicity Hill - Wednesday 7th Nov. 8:30-9:10am in the Ark

Fire Engine and Fire Safety December date TBC– Main Car Park
(Subject to change depending on them being on call)

Content (Number of lessons in brackets)	Learning Focus	Resources
Golden Rules (2-3) Introduce Golden Rules Tell pupils about RMA’s “Caught being good”, but stress this behaviour is expected at all times.	To foster a polite and supportive ethos throughout school To establish a common understanding of expected pupil behaviour To understand and interpret the Golden Rules	Updated, new Code of Conduct on Classroom wall “Rules” Talk & Thought Card 23 – in Year 2 PSHE box with lesson plan “Behaviour” Talk & Thought Card 10 – in Year 2 PSHE box with lesson plan. To be used generally or if an episode of poor behaviour requires discussion “Golden Rules” Section in your Record of Achievement books – to complete at the end of term/each session as appropriate for your class, to be used as a pupil assessment of what they have understood about the golden rules.
Ground Rules	Establish ground rules for your class to create a safe environment for discussions	See INSET notes (under admin if you don’t have them) for ideas Manners Alike 3 books (in PSHE box)
All About Me (1)	To introduce yourself to the class	Circle time ideas on staffroom PSHE shelf and in Admin area
Cooperation	Working together as a team	Circle time Games (copies in Admin area) Cooperation Game : Pass round a tambourine without making a noise. Then discuss – how did they feel when...eg someone made a noise etc... use as a trigger for discussions on team work, cooperation, personalities, individuals... Other getting to know you circle time

		games on M drive ' <u>Additional Activities</u> ' Team building games – outdoor learning cards (on system – equipment is in the outdoor learning cupboard next to the Wren's vegetable garden)
Relaxation and mindfulness	Try this calming mindfulness technique with your class every day or when they are lively and need quietening down. Mindfulness colouring sheets are available online or Twinkl, Activity Village etc. If you would like some please ask LPK.	<i><u>Finger Breathing:</u> "Sit upright on a chair, close eyes or imagine you are in your own bubble, focus on your left hand, don't worry about anyone else. Hold up your left hand with your right index finger, stroke up your thumb on your left hand as you breath in, down the other side as you breath out, up the left index finger as you breath in, down as you breath out..."</i> Teacher times 30 seconds building up to 2 mins. Discuss how it felt...This stimulates the parasympathetic nervous system which helps you to relax. There are several yoga/relaxation books on the PSHEE shelf in the library – see LPK
Target Setting (1)	Establish targets for Autumn term	Record of Achievement books. Please ensure targets are SMART
Friendship(1) Use a recipe for friendship – what makes a good friend Work through the Anna, Stripy & Digby powerpoint stopping to discuss relevant issues	To understand what makes a good friend To be able to recognise, name and deal with feelings in a positive way. To recognise how your behaviour affects other people To know that families and friends should care for one another.	1. A Recipe for Friendship 2. "Relationships" powerpoint 3. More than one friend powerpoint
Staying Safe & Healthy (2-3) Visiting Speakers – 1. "What makes us Healthy?" 2. "Stretch and Grow"	To raise awareness of life choices that keep us healthy – please follow up with discussion and recaps as the term progresses as necessary	Additional resources if required: 1. "Staying Safe" and 2. "Staying Healthy" DVD with Year 2 staff 3. Dettol Hand washing leaflets with Head of Year in PSHE box
Emotions (1) Work through the very simple power point discussing each emotion and times when the pupils have or could have experienced that emotion.	To build on the previous work on friendship and encourage the pupils to develop a greater understanding of emotions.	1. "Emotions" powerpoint 2. Feelings worksheets 3. Feelings by Alike – an excellent book in the PSHE box to read as a discussion trigger 4. Expressing emotions activity on sharepoint under Additional Activities 5. Additional books on PSHEE shelf in library
Fire Safety (1) Characters on website introduce	To link with "Fire of London" topic, raise awareness of issues of fire safety. Please keep your London Buildings for	1. InternetLink: kids fire safety tips 2. Cross-curricular – fire and words with magic "e" – good 5 minute clip! :

<p>fire safety tips you can discuss</p>	<p>the fire engine visit – they will be set on fire! NB This lesson will be followed by a visit by a fire engine, meet a fire fighter and a controlled setting fire to their cardboard houses to demonstrate how quickly a fire can spread.</p>	<p>Trip to fire station & "magic e" 3. Please give out the Surrey Fire and rescue leaflets to take home and talk about how they can have a free home fire safety visit</p>
<p>Target Review (1)</p>	<p>Review Autumn Term targets</p>	<p>Record of Achievement books 'What Went Well' and 'Even Better If' discussions. Targets may be carried over into Spring term or 'enhanced'</p>
<p>Christmas Class discussion on what makes their Christmas special – move on to look how children around the world prepare for Christmas and what it means to them.</p>	<p>To raise awareness of the importance of love and friendship at Christmas. To develop the pupils global awareness</p>	<p>Christmas around the world PowerPoint.</p>