



Curriculum Map: PSHE and RSHE

Intent Statement

At our school, the intent of our PSHE and RSHE curriculum is to nurture pupils who are emotionally literate, resilient, respectful, and ready to thrive in the modern world. Through a carefully sequenced, whole-school approach that integrates **My HappyMind+** and **TenTen: Life to the Full**, we aim to develop the whole child—supporting their mental health, relationships, personal development, and understanding of the wider world.

Our curriculum is inclusive, values-driven, and age-appropriate. It promotes pupils' **spiritual, moral, social, and cultural (SMSC)** development while equipping them with the knowledge and life skills outlined in the **National Curriculum** and **DfE statutory RSHE guidance**. Pupils learn to recognise and manage their emotions, build healthy relationships, understand how their bodies change, stay safe (including online), and respect themselves and others.

We are committed to fostering:

- **Mental wellbeing and resilience** through emotional awareness, self-regulation, and character education (via *My HappyMind+*)
- **Respectful, loving relationships** and body confidence underpinned by dignity, empathy, and Christian values (via *TenTen: Life to the Full*)
- **Responsible citizenship** through an understanding of rights, responsibilities, diversity, and British Values
- **Readiness for life and transition**, preparing children for the challenges of adolescence, secondary school, and beyond



Our PSHE and RSHE curriculum is delivered through an engaging, child-centred approach, embedded across the school day and adapted to meet the needs of all learners. We work in partnership with families to ensure that pupils develop into confident, compassionate, and informed individuals who can flourish in every aspect of life. We also aim to nurture the God-given potential in every child, supporting them to grow in faith, love, confidence, and wisdom. Inspired by our mission to **live and learn in faith and love for the Lord**, we provide a values-led, inclusive, and compassionate curriculum that enables pupils to flourish as kind, thoughtful, and resilient individuals.

Implementation

At Sacred Heart Catholic Primary School, we develop our learner's knowledge and skills through the *My HappyMind+* scheme and some areas of the *Ten:Ten* curriculum as shown below. We use the *TenTen* alongside our curriculum to ensure coverage of RSHE and sex education as this is an integral part of our curriculum, the scheme covers the aims seen below:

Year group	Autumn	Spring	Summer
FY	<p>My HappyMind Meet Your Brain</p> <p>My HappyMind + Places</p> <p>My HappyMind Celebrate</p> <p>Ten:Ten Module 1 : Created and Loved by God Unit 1: Religious Understanding</p>	<p>My HappyMind Appreciate</p> <p>My HappyMind Relate</p> <p>Ten:Ten Module 2 : Created to Love Others Unit 1: Religious Understanding</p> <p>Ten:Ten Module 2 : Created to Love Others Unit 3: Life Online</p> <p>PSHE Britain – British Values</p>	<p>My HappyMind Engage</p> <p>My HappyMind + Body</p> <p>My HappyMind + Relationships</p> <p>My HappyMind + World</p> <p>Ten:Ten Module 3 : Created to Live in Community Unit 1: Religious Understanding</p>
	<p>This long-term plan aims to combine the strengths of My HappyMind+ (which focuses on mental wellbeing, emotional literacy, and resilience) with TenTen: Life to the Full (which offers Catholic/Christian values-based Relationships and Health Education), ensuring alignment with the EYFS (PSED) goals and (RSHE) guidance.</p> <p>Core Themes Covered Across the Year:</p> <ol style="list-style-type: none"> Mental Wellbeing & Self-Awareness <ul style="list-style-type: none"> Introduction to the brain and emotions (My HappyMind "Meet Your Brain" module) Naming and managing feelings Building resilience and self-confidence Growth mindset through storytelling and play Relationships & Friendships <ul style="list-style-type: none"> Recognising emotions in others Kindness, empathy, and taking turns Friendship-building and conflict resolution (linked to Life to the Full and My HappyMind "Celebrate" and "Relate" modules) Understanding family structures and appreciating diversity Health and Wellbeing 		

- Basic hygiene, healthy eating, and physical activity
- Understanding the body and keeping safe (including Early Warning Signs)
- Personal boundaries and consent (TenTen's safety and the body content)
- Recognising trusted adults

4. **Living in the Wider World**

- Celebrating uniqueness and talents
- Respecting others, rules, and routines
- Introduction to simple citizenship and belonging in a community
- Link to British Values and SMSC development

My HappyMind+ is used weekly to embed emotional wellbeing practices through mindfulness, storytelling, and brain-based education.

TenTen Life to the Full (EYFS Module) supplements core RSHE teaching, rooted in Christian values, and supports teaching of relationships, health, and safety with a focus on dignity, respect, and love.

The curriculum aligns with the **EYFS Early Learning Goals (ELGs)** in:

- *Self-Regulation*
- *Managing Self*
- *Building Relationships*

Approach to Teaching and Learning

- Delivered through continuous provision, circle times, role-play, and story-based learning.
- Cross-curricular links to literacy, expressive arts, and understanding the world.
- Inclusive and adaptive to the diverse needs and backgrounds of all children.
- Regular parent communication and involvement (especially around RSHE content).

Year group	Autumn	Spring	Summer
Year 1	<p>My HappyMind Meet Your Brain</p> <p>My HappyMind + Places</p> <p>My HappyMind + Relationships - Showing respect and managing hurtful behaviour</p> <p>My HappyMind Celebrate</p> <p>Ten:Ten Module 1 : Created and Loved by God Unit 1: Religious Understanding</p> <p>PSHE Britain – British Values</p>	<p>My HappyMind Appreciate</p> <p>My HappyMind + Body – Healthy Lifestyles</p> <p>Ten:Ten Module 2 : Created to Love Others Unit 3: Life Online</p> <p>My HappyMind Relate</p> <p>My HappyMind + Relationships – Families and close positive relationships</p> <p>Ten:Ten Module 2: Created to Love Other Unit 1: Religious Understanding</p>	<p>My HappyMind Engage</p> <p>My HappyMind + World – Shared responsibilities World – Communities</p> <p>My HappyMind + Body – Ourselves Growing and Changing Body – Ourselves Growing and Changing – Transition</p> <p>Ten:Ten Module 3 : Created to Live in Community Unit 1: Religious Understanding</p>
<p>This long-term plan for Year 1 combines the strengths of My HappyMind+ with TenTen: Life to the Full. Together, they ensure full coverage of the statutory RSHE guidance and support the aims of the National Curriculum for PSHE at Key Stage 1.</p> <p>Core Themes Covered Across the Year</p> <p>1. Mental Wellbeing & Self-Awareness</p> <ul style="list-style-type: none"> • Introduction to the brain and how it helps us understand our feelings (My HappyMind "Meet Your Brain") • Naming common emotions and learning simple strategies to manage them • Developing self-confidence and resilience through praise and reflection • Encouraging a growth mindset through stories, games, and classroom discussions <p>2. Relationships & Friendships</p> <ul style="list-style-type: none"> • Recognising and responding to the feelings of others 			

- Learning how to be kind, share, and take turns
- Exploring what makes a good friend and how to resolve small conflicts (linked to My HappyMind "Celebrate" and "Relate")
- Understanding that families can look different but are all special and loving

3. Health and Wellbeing

- Learning the importance of hygiene routines, healthy food, and exercise
- Understanding how to keep our bodies safe, including recognising 'Early Warning Signs' of feeling uncomfortable
- Identifying trusted adults at home and in school

4. Living in the Wider World

- Celebrating each child's uniqueness and their individual talents
- Understanding the importance of rules, routines, and respect for others
- Beginning to learn about roles in school and community life
- Introducing British Values and developing pupils' Spiritual, Moral, Social and Cultural (SMSC) awareness

Delivery and Pedagogical Approach

- **Weekly My HappyMind+ sessions** embed mental wellbeing practices through mindfulness, character development, and storytelling.
- **TenTen Life to the Full content** enriches RSHE delivery with a Christian foundation, focusing on love, dignity, safety, and relationships.
- Taught through **circle times, story-based learning, role-play**, and **cross-curricular links** to subjects such as Literacy, PE, and RE.
- Fully inclusive, adaptive to diverse needs, and promotes a nurturing, respectful classroom culture.
- Regular communication with parents, particularly around **RSHE topics**, to ensure shared understanding and transparency.

This plan supports progression from EYFS into KS1 and aligns with National Curriculum and RSHE statutory guidance by addressing key learning objectives in:

- *Physical Health and Mental Wellbeing*
- *Relationships Education*
- *Being Safe*
- *Living in the Wider World*

Year group	Autumn	Spring	Summer
Year 2	<p>My HappyMind Meet Your Brain</p> <p>My HappyMind + Places</p> <p>My HappyMind Celebrate</p> <p>Ten:Ten Module 1: Created and Loved by God Unit 1: Religious Understanding</p> <p>PSHE Britain – British Values</p>	<p>My HappyMind Appreciate</p> <p>My HappyMind + Body – Keeping Safe</p> <p>My HappyMind + World – Media Literacy and Digital Resilience</p> <p>My HappyMind Relate</p> <p>My HappyMind + Relationships – Friendships</p> <p>Ten:Ten Module 2 : Created to Love Others Unit 1: Religious Understanding</p>	<p>My HappyMind Engage</p> <p>My HappyMind + Relationships – Safe relationships</p> <p>My HappyMind + World – Economic Wellbeing</p> <p>Ten:Ten Module 3 : Created to Live in Community Unit 1: Religious Understanding</p> <p>My HappyMind + Body – Ourselves, Growing and Changing - Transition</p> <p>Ten:Ten Module 2 : Created to Love Others Unit 3: Life Online</p>
<p>In Year 2, we continue to build on the foundations of emotional wellbeing, personal development, and relationship education through the combined use of My HappyMind+ and TenTen: Life to the Full. The curriculum ensures comprehensive coverage of PSHE and RSHE statutory requirements, promoting the development of the whole child through mental wellbeing, character education, and Christian values-based teaching on relationships, safety, and health.</p> <p>Core Themes Covered Across the Year</p> <p>1. Mental Wellbeing & Emotional Regulation</p> <ul style="list-style-type: none"> • Deepening understanding of how the brain works and influences behaviour (My HappyMind "Meet Your Brain" revisited and extended) • Recognising more complex emotions and learning calming strategies • Developing perseverance and resilience through classroom challenges • Using positive self-talk and reflection to build self-esteem and a growth mindset 			

2. Relationships & Respect for Others

- Building healthy friendships and understanding how to manage disagreements
- Learning how to show empathy, active listening, and respect for differences
- Learning how to ask for help and support in relationships (linked to My HappyMind "Relate")

3. Health and Wellbeing

- Learning about how to take care of physical health through nutrition, hygiene, and activity
- Understanding safe and unsafe situations, including road safety and online safety
- Identifying and trusting safe adults, and learning how to ask for help assertively

4. Living in the Wider World

- Celebrating strengths and aspirations, and setting personal goals (My HappyMind "Engage")
- Understanding that everyone has a role to play in school and the community
- Learning about fairness, right and wrong, and making responsible choices
- Introduction to money basics (e.g., what it is, how we use it responsibly)
- Promoting understanding of British Values (democracy, rule of law, individual liberty, mutual respect)

Delivery and Pedagogical Approach

- **Weekly My HappyMind+ sessions** deliver structured wellbeing education through storytelling, reflection, and brain-based learning.
- **TenTen: Life to the Full** provides RSHE rooted in Christian values, supporting topics like family life, relationships, safety, and emotional development.
- Lessons are taught using **circle time, drama, story-led activities, discussion**, and **cross-curricular links** to Literacy, Science, RE, and Computing.
- Adapted to meet the needs of all learners, promoting inclusion, respect, and cultural sensitivity.
- Parents are engaged through regular updates, especially around RSHE themes, to ensure partnership and clarity.

This Year 2 plan supports pupils' developmental progression and meets expectations for Key Stage 1, in accordance with:

- **Statutory RSHE Guidance:** Physical Health and Mental Wellbeing, Relationships, and Being Safe
- **National Curriculum PSHE themes:** Health and Wellbeing, Relationships, and Living in the Wider World

- **SMSC and British Values** development

Key Learning Outcomes by End of Year 2

- Pupils are able to talk about their feelings and manage them appropriately
- Pupils can form positive friendships and understand how to be safe in relationships
- Pupils know how to stay healthy physically and emotionally
- Pupils recognise their role in school and the wider world, and show empathy and respect to others

Year group	Autumn	Spring	Summer
Year 3	<p>My HappyMind Meet Your Brain</p> <p>My HappyMind + Places</p> <p>My HappyMind Celebrate</p> <p>Ten:Ten Module 1 : Created and Loved by God Unit 2 Me, My Body and My Health – Sessions 3, 4 & 5</p>	<p>My HappyMind Appreciate</p> <p>My HappyMind + Body – Healthy Lifestyles</p> <p>My HappyMind Relate</p> <p>My HappyMind + Relationships - Friendships Relationships – Families and close positive relationships</p> <p>Ten:Ten Module 1 : Created and Loved by God Unit 1: Religious Understanding</p>	<p>My HappyMind Engage</p> <p>Ten:Ten Module 3 : Created to Live in Community Unit 1: Religious Understanding</p> <p>My HappyMind + World – Communities World – Shared Responsibilities</p> <p>My HappyMind + Body – Ourselves, Growing and Changing – Grief Body – Ourselves, Growing and Changing – Grief - Transition</p> <p>PSHE Britain – British Values</p>
<p>The Year 3 PSHE curriculum builds on the foundations laid in Key Stage 1, developing children's emotional literacy, resilience, and understanding of relationships. By integrating My HappyMind+, and TenTen: Life to the Full, pupils receive a well-rounded, values-driven education that supports their personal, social and spiritual growth. The curriculum is fully aligned with the DfE RSHE statutory guidance and the National Curriculum for PSHE.</p> <p>Core Themes Covered Across the Year</p> <p>1. Mental Wellbeing & Resilience</p> <ul style="list-style-type: none"> Exploring the brain's role in mindset and behaviour (My HappyMind "Meet Your Brain" – deepened for KS2) Naming a wider range of emotions and recognising emotional triggers Developing strategies for self-regulation, positive thinking, and emotional resilience Understanding how thoughts, feelings, and actions are connected (My HappyMind "Celebrate" and "Appreciate") <p>2. Relationships & Community</p> <ul style="list-style-type: none"> Exploring different types of relationships (friendships, families, online, school) 			

- Understanding how to resolve conflicts respectfully and assertively
- Recognising positive and negative influences in relationships
- Practising active listening and kindness in collaborative settings (My HappyMind "Relate")

3. Health, Safety & the Body

- Learning about physical health: balanced diet, sleep, hygiene, and exercise
- Introduction to the changes that happen as we grow (early puberty awareness in a sensitive and age-appropriate way)
- Learning about digital safety and responsible technology use
- Knowing how to report concerns and identify trusted adults

4. Living in the Wider World

- Understanding individual strengths and setting realistic goals (My HappyMind "Engage")
- Recognising rights and responsibilities within school and the community
- Exploring how to show respect and compassion for others of different backgrounds, faiths, and beliefs
- Introduction to money and making choices around spending and saving
- Deepening understanding of British Values and children's role as responsible citizens

Delivery and Pedagogical Approach

- Weekly **My HappyMind+** lessons promote wellbeing through neuroscience, mindfulness, and character education
- **TenTen: Life to the Full** embeds Christian values into RSHE, helping children understand dignity, respect, safety, and love in the context of healthy relationships
- Teaching is delivered through **circle time, discussion, collaborative learning, role-play, digital resources**, and **cross-curricular links** to RE, Science, and Computing
- Inclusive and responsive to the needs of all pupils, with a strong emphasis on diversity and equality
- Parents are regularly informed and consulted on RSHE themes to foster a supportive home-school partnership

This Year 3 plan meets the requirements of the **DfE Statutory RSHE Guidance** and supports the development of key life skills through:

- **Health and Wellbeing:** mental health, physical health, and personal safety
- **Relationships Education:** friendships, family life, and respect
- **Living in the Wider World:** rights, responsibilities, and community

- Links to **Science** (human body, nutrition, growth), **RE**, and **Computing** (online safety)

Key Learning Outcomes by End of Year 3

- Pupils understand how to manage a broader range of emotions and challenges
- Pupils develop respectful, supportive relationships and know how to stay safe both offline and online
- Pupils understand how their choices affect their physical and mental wellbeing
- Pupils begin to see themselves as members of a wider community and responsible citizens

Year group	Autumn	Spring	Summer
Year 4	<p>My HappyMind Meet Your Brain</p> <p>My HappyMind + Places</p> <p>My HappyMind + Relationships – Showing respect and managing hurtful behaviour</p> <p>My HappyMind Celebrate</p> <p>Ten:Ten Module 1 : Created and Loved by God Unit 2 Me, My Body and My Health – Sessions 3, 4 & 5</p>	<p>My HappyMind Appreciate</p> <p>My HappyMind + Body – First Aid</p> <p>My HappyMind + World – Media Literacy and Digital Resilience</p> <p>My HappyMind Relate</p> <p>My HappyMind + Relationships – Safe relationships</p> <p>Ten:Ten Module 1 : Created and Loved by God Unit 1: Religious Understanding</p>	<p>My HappyMind Engage</p> <p>My HappyMind + Body – Keeping safe</p> <p>Ten:Ten Module 3 : Created to Live in Community Unit 1: Religious Understanding</p> <p>My HappyMind + World – Economic Wellbeing</p> <p>My HappyMind + Body – Ourselves, Growing and Changing – Transition</p> <p>PSHE Britain – British Values</p>
<p>The Year 4 PSHE curriculum further develops pupils' emotional awareness, social understanding, and personal responsibility. Through the integration of My HappyMind and TenTen: Life to the Full, pupils receive a balanced, age-appropriate curriculum that nurtures personal development, resilience, respectful relationships, and safety. The curriculum fully meets statutory RSHE guidance and supports the National Curriculum objectives for PSHE at Lower Key Stage 2.</p> <p>Core Themes Covered Across the Year</p> <p>1. Mental Wellbeing & Emotional Growth</p> <ul style="list-style-type: none"> Revisit and extend understanding of the brain and its role in thoughts and feelings (My HappyMind "Meet Your Brain" and "Celebrate") Develop emotional vocabulary to describe and manage complex feelings such as frustration, anxiety, and disappointment Explore how to maintain emotional wellbeing through mindfulness, gratitude, and reflection (My HappyMind "Appreciate") 			

- Build resilience through problem-solving and growth mindset approaches to learning and social situations

2. Relationships & Respect

- Understand the qualities of healthy and respectful friendships, including trust and honesty
- Learn how to recognise and respond to peer pressure and unkind behaviours
- Deepen understanding of empathy and how to support others emotionally
- Practice respectful communication and constructive conflict resolution (My HappyMind "Relate")

3. Physical Health, Safety & Body Awareness

- Understand how lifestyle choices impact health (nutrition, sleep, hydration, physical activity)
- Discuss personal hygiene and bodily changes in a respectful and age-appropriate manner (TenTen: early introduction to puberty)
- Reinforce personal boundaries, consent, and body autonomy
- Begin to understand how media, social influences, and advertising can affect self-image and choices

4. Living in the Wider World

- Identify personal goals and strategies for staying motivated and focused (My HappyMind "Engage")
- Learn about rules, laws, and responsibilities in school and society
- Explore diversity, equality, and the importance of respectful inclusion
- Introduction to basic financial education (budgeting, saving, spending wisely)
- Further explore British Values—particularly democracy, liberty, and mutual respect—and apply them to real-life contexts

Delivery and Pedagogical Approach

- **My HappyMind+** sessions delivered weekly to embed emotional literacy and brain-based wellbeing strategies
- **TenTen: Life to the Full** complements RSHE through a values-driven, faith-informed lens
- Lessons delivered through **class discussion, debate, storytelling, real-life scenarios, drama, and collaborative activities**
- Cross-curricular links to **Science** (nutrition, body changes), **Computing** (online safety), and **RE** (values and identity)
- Inclusive of all pupils, culturally sensitive, and adapted to meet diverse needs
- Strong parental communication ensures transparency and engagement, particularly around body education and RSHE

The Year 4 PSHE plan ensures full alignment with:

- **DfE RSHE statutory guidance** (Mental Wellbeing, Relationships, Physical Health and Safety)
- **National Curriculum PSHE themes:** Health and Wellbeing, Relationships, Living in the Wider World
- SMSC development and **British Values** integration
- Cross-links to core subjects and wider school development priorities (e.g. behaviour and wellbeing)

Key Learning Outcomes by End of Year 4

- Pupils can express and manage a range of emotions with growing independence
- Pupils develop healthy, respectful friendships and understand how to stay safe in various settings
- Pupils know how to care for their physical health and begin to understand changes to their body
- Pupils recognise their role in school and society and demonstrate fairness, respect, and inclusion in their actions

Year group	Autumn	Spring	Summer
Year 5	<p>My HappyMind Meet Your Brain</p> <p>My HappyMind + Places</p> <p>My HappyMind Celebrate</p> <p>Ten:Ten Module 1 : Created and Loved by God Unit 2 Me, My Body and My Health – Sessions 1-4</p>	<p>My HappyMind Appreciate</p> <p>My HappyMind + Body – Healthy Lifestyles</p> <p>My HappyMind Relate</p> <p>My HappyMind + Relationships – Friendsips Relationships – Families and close positive relationships</p> <p>Ten:Ten Module 1 : Created and Loved by God Unit 1: Religious Understanding</p>	<p>My HappyMind Engage</p> <p>Ten:Ten Module 3 : Created to Live in Community Unit 1: Religious Understanding</p> <p>My HappyMind + World – Economic Wellbeing</p> <p>My HappyMind + Body – Ourselves, Growing and Changing - Grief Body – Ourselves, Growing and Changing - Transition</p> <p>Ten:Ten Module 1 : Created and Loved by God Unit 4 Life Cycles – Sessions 1-5</p> <p>PSHE Britain – British Values</p>
<p>The Year 5 curriculum builds on pupils' developing maturity, helping them navigate growing independence, more complex social situations, and changes to their bodies and minds. Through the combined use of My HappyMind+ and TenTen: Life to the Full, pupils receive a comprehensive and age-appropriate education that supports emotional, social, spiritual, and physical development. This plan is fully aligned with DFE RSHE statutory requirements and the National Curriculum for PSHE.</p>			
<p>The Year 5 curriculum builds on pupils' developing maturity, helping them navigate growing independence, more complex social</p>			

	<p>Core Themes Covered Across the Year</p> <p>1. Mental Wellbeing & Self-Leadership</p> <ul style="list-style-type: none"> • Deepen understanding of the brain's role in emotional regulation, decision-making, and resilience (My HappyMind "Celebrate" and "Appreciate") • Develop strategies for managing anxiety, stress, and disappointment through positive thinking and reflection • Practise gratitude and mindfulness to support long-term wellbeing (My HappyMind "Appreciate") • Explore how beliefs and mindset influence choices and behaviours <p>2. Relationships & Identity</p> <ul style="list-style-type: none"> • Identify qualities of healthy, respectful relationships (friendship, family, and online) • Explore the impact of peer influence and learn to make independent, responsible choices • Discuss stereotypes and gender-based assumptions in friendships, media, and school life • Learn strategies for resolving conflict peacefully and maintaining respectful communication (My HappyMind "Relate") <p>3. Physical Health, Puberty & Personal Safety</p> <ul style="list-style-type: none"> • Learn about puberty in more detail, including emotional and physical changes in boys and girls (TenTen: <i>Changing Bodies</i>) • Understand the importance of personal hygiene and how to manage bodily changes • Reinforce personal boundaries and bodily autonomy; explore consent and respectful touch • Revisit safety in different environments (online, peer pressure, public places) • Learn how to seek support confidently and identify trusted adults <p>4. Living in the Wider World</p> <ul style="list-style-type: none"> • Reflect on personal strengths, ambitions, and long-term goals (My HappyMind "Engage") • Understand how to contribute positively to the classroom, school, and wider community • Explore rights and responsibilities, democracy, and making a difference (e.g. pupil voice, charity work) • Develop understanding of money, savings, budgeting, and economic choices 	<p>situations, and changes to their bodies and minds. Through the combined use of My HappyMind+, which promotes mental wellbeing, character, and resilience, and TenTen: Life to the Full, a Catholic/Christian values-based RSHE scheme, pupils receive a comprehensive and age-appropriate education that supports emotional, social, spiritual, and physical development. This plan is fully aligned with DfE RSHE statutory requirements and the National Curriculum for PSHE.</p> <hr/>
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	<ul style="list-style-type: none"> • Deepen knowledge of British Values, equality, and justice, applied to real-life situations and global issues <p>Delivery and Pedagogical Approach</p> <ul style="list-style-type: none"> • Weekly My HappyMind+ sessions support emotional resilience, mindfulness, and personal growth through brain-based learning • TenTen: Life to the Full ensures that RSHE is rooted in Christian values and fully compliant with statutory requirements, particularly in teaching about puberty and healthy relationships • Lessons are delivered through class discussion, real-life scenarios, drama, visual resources, written reflections, and cross-curricular links to RE, Science, Computing, and Literacy • Inclusive and adapted for all learners, sensitive to cultural, spiritual, and emotional diversity • Strong home-school links maintained, particularly around RSHE themes, to support parental engagement and confidence <p>This Year 5 plan aligns with:</p> <ul style="list-style-type: none"> • DfE Statutory RSHE Guidance: Relationships, Physical Health and Mental Wellbeing, and Being Safe • National Curriculum PSHE strands: Health and Wellbeing, Relationships, and Living in the Wider World • Science Curriculum: human development and reproduction (preparation for Year 6) • SMSC and British Values integration <p>Key Learning Outcomes by End of Year 5</p> <ul style="list-style-type: none"> • Pupils are equipped with strategies to manage emotions, self-reflect, and show resilience in challenges • Pupils understand the importance of healthy, respectful relationships and how to respond to peer pressure • Pupils know the physical and emotional changes that occur during puberty and how to manage them responsibly • Pupils recognise their role as active, informed citizens who can make positive contributions to their communities 	<p>Core Themes Covered Across the Year</p> <p>1. Mental Wellbeing & Self-Leadership</p> <ul style="list-style-type: none"> • Deepen understanding of the brain's role in emotional regulation, decision-making, and resilience (My HappyMind "Celebrate" and "Appreciate") • Develop strategies for managing anxiety, stress, and disappointment through positive
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		<p>thinking and reflection</p> <ul style="list-style-type: none"> • Practise gratitude and mindfulness to support long-term wellbeing (My HappyMind "Appreciate") • Explore how beliefs and mindset influence choices and behaviours <p>2. Relationships & Identity</p> <ul style="list-style-type: none"> • Identify qualities of healthy, respectful relationships (friendship, family, and online) • Explore the impact of peer influence and
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		<p>learn to make independent, responsible choices</p> <ul style="list-style-type: none">• Recognise different types of relationships and families, all rooted in love, dignity, and mutual care (TenTen: <i>Created to Love Others</i>)• Discuss stereotypes and gender-based assumptions in friendships, media, and school life• Learn strategies for resolving conflict peacefully and maintaining respectful communication (My
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HappyMind
"Relate")

3. Physical Health, Puberty & Personal Safety

- Learn about puberty in more detail, including emotional and physical changes in boys and girls (TenTen: *Changing Bodies*)
- Understand the importance of personal hygiene and how to manage bodily changes
- Reinforce personal boundaries and bodily autonomy; explore consent

		<p>and respectful touch</p> <ul style="list-style-type: none">• Revisit safety in different environments (online, peer pressure, public places)• Learn how to seek support confidently and identify trusted adults <p>4. Living in the Wider World</p> <ul style="list-style-type: none">• Reflect on personal strengths, ambitions, and long-term goals (My HappyMind "Engage")• Understand how to contribute positively to the classroom, school, and
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		<p>wider community</p> <ul style="list-style-type: none">• Explore rights and responsibilities, democracy, and making a difference (e.g. pupil voice, charity work)• Develop understanding of money, savings, budgeting, and economic choices• Deepen knowledge of British Values, equality, and justice, applied to real-life situations and global issues <hr/>
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		<p>Delivery and Pedagogical Approach</p> <ul style="list-style-type: none"> • Weekly My HappyMind+ sessions support emotional resilience, mindfulness, and personal growth through brain-based learning • TenTen: Life to the Full ensures that RSHE is rooted in Christian values and fully compliant with statutory requirements, particularly in teaching about puberty and healthy relationships
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		<ul style="list-style-type: none"> • Lessons are delivered through class discussion, real-life scenarios, drama, visual resources, written reflections, and cross-curricular links to RE, Science, Computing, and Literacy • Inclusive and adapted for all learners, sensitive to cultural, spiritual, and emotional diversity • Strong home-school links maintained, particularly around RSHE themes, to support
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parental
engagement
and confidence

Curriculum Alignment

This Year 5 plan
aligns with:

- **DfE Statutory
RSHE
Guidance:**
Relationships,
Physical Health
and Mental
Wellbeing, and
Being Safe
- **National
Curriculum
PSHE strands:**
Health and
Wellbeing,
Relationships,
and Living in
the Wider
World
- **Science
Curriculum:**

human
development
and
reproduction
(preparation for
Year 6)

- **SMSC and
British Values**
integration

Key Learning Outcomes by End of Year 5

- Pupils are
equipped with
strategies to
manage
emotions, self-
reflect, and
show resilience
in challenges
- Pupils
understand the
importance of
healthy,
respectful
relationships

		<p>and how to respond to peer pressure</p> <ul style="list-style-type: none">• Pupils know the physical and emotional changes that occur during puberty and how to manage them responsibly• Pupils recognise their role as active, informed citizens who can make positive contributions to their communities
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Year group	Autumn	Spring	Summer
Year 6	<p>My HappyMind Meet Your Brain</p> <p>My HappyMind + Places</p> <p>My HappyMind + World – Shared Responsibilities</p> <p>My HappyMind + Relationships – Showing respect and managing hurtful behaviour</p> <p>My HappyMind Celebrate</p> <p>My HappyMind + World – Communities</p> <p>Ten:Ten Module 1 : Created and Loved by God Unit 1: Religious Understanding</p>	<p>My HappyMind Appreciate</p> <p>My HappyMind + Body – First Aid Body – Drugs, Alcohol and Tobacco</p> <p>My HappyMind + World – Media Literacy and Digital Resilience</p> <p>My HappyMind Relate</p> <p>My HappyMind + Relationships – Safe Relationships</p> <p>Ten:Ten Module 1 : Created and Loved by God Unit 2 Me, My Body and My Health – Sessions 1-4</p>	<p>My HappyMind Engage</p> <p>My HappyMind Be Your Best</p> <p>My HappyMind Transition Programme (2 sessions a week)</p> <p>Ten:Ten Module 3 : Created to Live in Community Unit 1: Religious Understanding</p> <p>Ten:Ten Module 1 : Created and Loved by God Unit 4 Life Cycles – Sessions 1-5</p> <p>PSHE Britain – British Values</p>
<p>The Year 6 PSHE and RSHE curriculum prepares pupils for the transition to secondary school, equipping them with the knowledge, skills, and emotional resilience they need to thrive. This plan integrates My HappyMind+, which focuses on positive mental health, character development, and resilience, with TenTen: Life to the Full, a faith-based RSHE scheme that teaches relationships and health education through a Catholic/Christian</p>			

values lens. The curriculum ensures full coverage of statutory RSHE content and provides meaningful, age-appropriate learning aligned with pupils' developmental needs.

Core Themes Covered Across the Year

1. Mental Wellbeing & Transition

- Consolidate understanding of the brain, emotional regulation, and self-awareness (My HappyMind "Meet Your Brain" and "Celebrate")
- Explore how mindset, self-talk, and perspective influence emotional wellbeing
- Develop strategies to manage stress, worry, and change—particularly around transition to secondary school
- Strengthen resilience, independence, and self-motivation through reflection and goal setting (My HappyMind "Engage")

2. Relationships & Personal Identity

- Explore the dynamics of more mature friendships, including trust, loyalty, and personal boundaries
- Understand different types of relationships, including those beyond family and friends
- Recognise respectful and disrespectful behaviours, including coercion and control
- Practise empathy, compassion, and positive communication (My HappyMind "Relate")

3. Physical Health, Puberty & RSE

- Recap and extend learning about puberty and human reproduction in a safe, respectful context (TenTen: *Changing Bodies*)
- Understand the physical, emotional, and social aspects of growing up
- Discuss the importance of consent, appropriate touch, and recognising grooming or unsafe behaviour
- Learn how to stay safe online, including how to manage social media, digital consent, and peer influence
- Revisit personal hygiene, healthy habits, and how to access help and support

4. Living in the Wider World & Secondary Transition

- Explore rights and responsibilities in wider society, including social justice and global citizenship
- Understand democracy, law, and the importance of active participation in community life
- Learn about money management, budgeting, and consumer awareness
- Reflect on individual gifts and goals, and develop confidence for life beyond primary school

- Practise skills for independence: organisation, communication, decision-making, and seeking support

Delivery and Pedagogical Approach

- Weekly **My HappyMind+** sessions embed emotional literacy, mindfulness, and character strengths
- **TenTen: Life to the Full** ensures faith-based, sensitive delivery of all statutory RSHE content (including human development, puberty, and relationships)
- Lessons taught through **class discussion, real-life scenarios, group reflection, role-play**, and **cross-curricular links** (particularly to RE, Science, and Computing)
- Sensitive, inclusive teaching that reflects pupils' lived experiences and backgrounds
- Strong focus on **parental engagement** through opt-in RSHE sessions and home-school information sharing

This Year 6 plan ensures full coverage of:

- **DfE Statutory RSHE Guidance:** Relationships Education, Health Education, and Being Safe
- **National Curriculum PSHE strands:** Health and Wellbeing, Relationships, Living in the Wider World
- **Science Curriculum:** human reproduction and puberty
- SMSC and **British Values** development
- Preparation for **secondary transition** and life beyond primary school