

Curriculum Map

Subject: RSHE/PSHE

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 TenTen: Life to the Full and My HappyMind+, 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-centered 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 Ten:Ten curriculum and some areas of the My Happymind+ scheme as shown below. We also use our Live and Learn school assemblies to ensure coverage of community topics and the Wider World to equip our pupils with the essential life skills that will need to aid them into adulthood. We use the My Happymind+ scheme alongside Ten:Ten to ensure coverage of the relevant PSHE topics alongside RSHE and sex education as this is an integral part of our curriculum, the scheme covers the aims seen below:

New Statutory elements:

Updated guidance places a stronger focus on online safety and wellbeing, the use of accurate terminology for body parts (including genitalia), and the introduction of personal safety around water, roads, and railways. There is also greater emphasis on helping children understand change and loss, including bereavement, and on developing communication skills, assertiveness, and the confidence to express personal needs and boundaries.

Units: "Girls' Bodies", "Boys' Bodies", "Changing Bodies", "Making Babies", "Menstruation" use accurate anatomical vocabulary in line with DfE guidance and TenTen materials.

Additional teaching through 'Live and Learn' assemblies

Water safety (local rivers/canals, swimming, reservoirs).

Road safety (crossing, cycling, visibility).

Railway/tram safety (level crossings, tracks, trespass).

Green = existing sessions undergoing content and creative redevelopment
Blue = brand new content

Year group	Autumn 1 Module 1 – Created and Loved by God (8 weeks)	Spring 1 Module 2 – Created to Love Others (6 weeks)	Summer 1 Module 3 – Created to Live in Community (7 weeks)
FY	Unit 1 – Religious Understanding (1 lesson) Handmade with Love Unit 2 – Me, My Body, My Health (3 lessons) I am me Heads, Shoulders, Knees and Toes Ready Teddy?	Unit 1 – Religious Understanding (1 lesson) Role Model Unit 2 – Personal Relationships (3 lessons) Who's Who? You've Got a Friend in Me Forever Friends	Unit 1 – Religious Understanding (2 lessons) God is Love Loving God, Loving Others
	Autumn 2 Module 1 – Created and Loved by God (7 weeks)	Spring 2 Module 2 – Created to Love Others (4 weeks)	Summer 2 Module 3 – Created to Live in Community (6 weeks)
	Unit 3 – Emotional Well-Being (3 lessons) I Like, You Like, We All Like! All the Feelings! Let's Get Real Unit 4 – Life Cycles (2 lessons) Growing Up New people, new places	Unit 3 – Life Online (2 lessons) What is the internet? Playing online Unit 4 –Keeping Safe (4 lessons) Safe Inside and Out My Body, My Rules Feeling Poorly People Who Help Us	Unit 2 – Living in the Wider World (3 lessons) Me, You, Us "When I grow up..." Money doesn't grow on trees

Year group	Autumn 1 Module 1 – Created and Loved by God (8 weeks)	Spring 1 Module 2 – Created to Love Others (6 weeks)	Summer 1 Module 3 – Created to Live in Community (7 weeks)
Year 1	Unit 1 – Religious Understanding (1 lesson) Let the Children Come Unit 2 – Me, My Body, My Health (3 lessons) I am unique Girls and Boys Clean and Healthy (My Body) S1 S2 S3 S4 S5	Unit 1 – Religious Understanding (1 lesson) God Loves You Unit 2 – Personal Relationships (3 lessons) Special People S1 Treat Others Well... ... And say sorry	Unit 1 – Religious Understanding (2 lessons) Three in One Who is my Neighbour?
	Autumn 2 Module 1 – Created and Loved by God (7 weeks) Unit 3 – Emotional Well-Being (3 lessons) Feelings, Likes and Dislikes Feeling Inside Out Super Susie Gets Angry Unit 4 – Life Cycles (3 lessons) The Cycle of Life Beginnings and Endings Change is All Around	Spring 2 Module 2 – Created to Love Others (4 weeks) Unit 3 – Life Online (2 lessons) Real life online Rules to Help Us Unit 4 Keeping Safe (6 lessons) Good and Bad Secrets Physical Contact Harmful Substances Can You Help Me? (Part 1) Can You Help Me? (Part 2)	Summer 2 Module 3 – Created to Live in Community (6 weeks) Unit 2 – Living in the Wider World (3 lessons) The Communities We Live in Who will I be? Needs and wants

Year group	Autumn 1 Module 1 – Created and Loved by God (8 weeks)	Spring 1 Module 2 – Created to Love Others (6 weeks)	Summer 1 Module 3 – Created to Live in Community (7 weeks)
Year 2	Unit 1 – Religious Understanding (1 lesson) Let the Children Come Unit 2 – Me, My Body, My Health (3 lessons) I am unique Girls and Boys Clean and Healthy (My Body) S1 S2 S3 S4 S5	Unit 1 – Religious Understanding (1 lesson) God Loves You Unit 2 – Personal Relationships (3 lessons) Special People S1 Treat Others Well... ... And say sorry	Unit 1 – Religious Understanding (2 lessons) Three in One Who is my Neighbour?
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Year 3	Unit 1 – Religious Understanding (2 lessons) Get Up! The Sacraments Unit 2 – Me, My Body, My Health (4 lessons) We Don't Have to be the Same Respecting Our Bodies S1 S2 S3 S4 S5 What is Puberty? Changing Bodies	Unit 1 – Religious Understanding (1 lesson) Jesus My Friend Unit 2 – Personal Relationships (3 lessons) Friends, Family and Others... When Things Feel Bad Balancing needs	Unit 1 – Religious Understanding (2 lessons) A Community of Love What is the Church?
	Autumn 2 Module 1 – Created and Loved by God (7 weeks) Unit 3 – Emotional Well-Being (3 lessons) What am I feeling? What am I looking at? I am Thankful Unit 4 Life Cycles (3 lessons) Life Cycles A Time for Everything (Bereavement) Big Changes, Little Changes	Spring 2 Module 2 – Created to Love Others (4 weeks) Unit 3 – Life Online (2 lessons) Sharing Online Chatting Online Unit 4 – Keeping Safe (5 lessons) Safe in my Body Recognising risks S6 Drugs, Alcohol and Tobacco First Aid Heroes Rights and Responsibilities	Summer 2 Module 3 – Created to Live in Community (6 weeks) Unit 2 – Living in the Wider World (3 lessons) How do I Love Others? Working Together Money Matters

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Year 4	Unit 1 – Religious Understanding (2 lessons) Get Up! The Sacraments Unit 2 – Me, My Body, My Health (4 lessons) We Don't Have to be the Same Respecting Our Bodies S1 S2 S3 S4 S5 What is Puberty? Changing Bodies	Unit 1 – Religious Understanding (1 lesson) Jesus My Friend Unit 2 – Personal Relationships (3 lessons) Friends, Family and Others... When Things Feel Bad Balancing needs	Unit 1 – Religious Understanding (2 lessons) A Community of Love What is the Church?
	Autumn 2 Module 1 – Created and Loved by God (7 weeks) Unit 3 – Emotional Well-Being (3 lessons) What am I feeling? What am I looking at? I am Thankful Unit 4 Life Cycles (3 lessons) Life Cycles A Time for Everything (Bereavement) Big Changes, Little Changes	Spring 2 Module 2 – Created to Love Others (4 weeks) Unit 3 – Life Online (2 lessons) Sharing Online Chatting Online Unit 4 – Keeping Safe (5 lessons) Safe in my Body Recognising risks S6 Drugs, Alcohol and Tobacco First Aid Heroes Rights and Responsibilities	Summer 2 Module 3 – Created to Live in Community (6 weeks) Unit 2 – Living in the Wider World (3 lessons) How do I Love Others? Working Together Money Matters

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Year 5	Unit 1 – Religious Understanding (2 lessons) • The Trinity • Catholic Social Teaching	Unit 1 – Religious Understanding (1 lesson) Is God Calling You? Unit 2 – Personal Relationships (5 lessons) Under Pressure S1 Do You Want a Piece of Cake? Self-Talk Confidence vs control Build Others Up	Unit 1 – Religious Understanding (1 lesson) Calming the Storm Unit 2 – Me, My Body, My Health (4 lessons) Gifts and Talents Girls' Bodies Boy's Bodies Spots and Sleep S1 S2
	Autumn 2 Module 3 – Created to Live in Community (7 weeks)	Spring 2 Module 2 – Created to Love Others (4 weeks)	Summer 2 Module 1 – Created and Loved by God (6 weeks+ additional lessons)
	Unit 2 – Living in the Wider World (2 lessons) Reaching Out The World of Work Money and Me Unit 4 - Keeping Safe (4 lessons) Types of Abuse Impacted Lifestyles Making Good Choices Giving Assistance	Unit 3 – Life Online (2 lessons) Sharing isn't always Caring Cyber Bullying	Unit 3 – Emotional Well-Being (4 lessons) Body Image Peculiar Feelings Emotional Changes Seeing Stuff online Unit 4 – Life Cycles (5 lessons) Making Babies (Part 1) Making Babies (Part 2) Menstruation Hope Beyond Death Coping With Change

Year group	Autumn 1 Module 1 – Created and Loved by God (8 weeks)	Spring 1 Module 2 – Created to Love Others (6 weeks)	Summer 1 Module 3 – Created to Live in Community (7 weeks)
Year 6	Unit 1 – Religious Understanding (2 lessons) • The Trinity • Catholic Social Teaching	Unit 1 – Religious Understanding (1 lesson) Is God Calling You? Unit 2 – Personal Relationships (5 lessons) Under Pressure S1 Do You Want a Piece of Cake? Self-Talk Confidence vs control Build Others Up	Unit 1 – Religious Understanding (1 lesson) Calming the Storm Unit 2 – Me, My Body, My Health (4 lessons) Gifts and Talents Girls' Bodies Boy's Bodies Spots and Sleep S1 S2
	Autumn 2 Module 3 – Created to Live in Community (7 weeks)	Spring 2 Module 2 – Created to Love Others (4 weeks)	Summer 2 Module 1 – Created and Loved by God (6 weeks+ additional lessons)
	Unit 2 – Living in the Wider World (2 lessons) Reaching Out The World of Work Money and Me Unit 4 - Keeping Safe (4 lessons) Types of Abuse Impacted Lifestyles Making Good Choices Giving Assistance	Unit 3 – Life Online (2 lessons) Sharing isn't always Caring Cyber Bullying	Unit 3 – Emotional Well-Being (4 lessons) Body Image Peculiar Feelings Emotional Changes Seeing Stuff online Unit 4 – Life Cycles (5 lessons) Making Babies (Part 1) Making Babies (Part 2) Menstruation Hope Beyond Death Coping With Change

Live and Learn Assemblies	Autumn	Spring	Summer
	My Happymind – Meet your brain	My Happymind – Appreciate	My Happymind – Engage
	My Happymind – Celebrate	My Happymind – Relate	My Happymind+ - Consolidation