



## 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:

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 (6 weeks)
FY	Unit 1 – Religious Understanding (1 lesson) <ul style="list-style-type: none"> <li>• Handmade with Love</li> </ul> Unit 2 – Me, My Body, My Health (3 lessons) <ul style="list-style-type: none"> <li>• I am me</li> <li>• Heads, Shoulders, Knees and Toes</li> <li>• Ready Teddy?</li> </ul>	Unit 1 – Religious Understanding (1 lesson) <ul style="list-style-type: none"> <li>• Role Model</li> </ul> Unit 2 – Personal Relationships (3 lessons) <ul style="list-style-type: none"> <li>• Who's Who?</li> <li>• You've Got a Friend in Me</li> <li>• Forever Friends</li> </ul>	Unit 1 – Religious Understanding (2 lessons) <ul style="list-style-type: none"> <li>• God is Love</li> <li>• Loving God, Loving Others</li> </ul>
	Autumn 2 Module 1 – Created and Loved by God (7 weeks)	Spring 2 Module 2 – Created to Love Others (5 weeks)	Summer 2 Module 3 – Created to Live in Community (7 weeks)
	Unit 3 – Emotional Well-Being (3 lessons) <ul style="list-style-type: none"> <li>• I Like, You Like, We All Like!</li> <li>• All the Feelings!</li> <li>• Let's Get Real</li> </ul> Unit 4 – Life Cycles (2 lessons) <ul style="list-style-type: none"> <li>• Growing Up</li> </ul>	Unit 3 – Life Online (2 lessons) <ul style="list-style-type: none"> <li>• What is the internet?</li> <li>• Playing online</li> </ul> Unit 4 – Keeping Safe (4 lessons) <ul style="list-style-type: none"> <li>• Safe Inside and Out</li> </ul>	Unit 2 – Living in the Wider World (3 lessons) <ul style="list-style-type: none"> <li>• Me, You, Us</li> <li>• “When I grow up...”</li> <li>• Money doesn't grow on trees</li> </ul>

- **New people, new places**

- **My Body, My Rules**
- **Feeling Poorly**
- **People Who Help Us**

<b>Year group</b>	<b>Autumn 1 Module 1 – Created and Loved by God (8 weeks)</b>	<b>Spring 1 Module 2 – Created to Love Others (6 weeks)</b>	<b>Summer 1 Module 3 – Created to Live in Community (6 weeks)</b>
<b>Year 1</b>	<b>Unit 1 – Religious Understanding (1 lesson)</b> <ul style="list-style-type: none"> <li>Let the Children Come</li> </ul> <b>Unit 2 – Me, My Body, My Health (3 lessons)</b> <ul style="list-style-type: none"> <li>I am unique</li> <li>Girls and Boys</li> <li>Clean and Healthy (My Body)</li> </ul>	<b>Unit 1 – Religious Understanding (1 lesson)</b> <ul style="list-style-type: none"> <li>God Loves You</li> </ul> <b>Unit 2 – Personal Relationships (3 lessons)</b> <ul style="list-style-type: none"> <li>Special People</li> <li>Treat Others Well...</li> <li>... And say sorry</li> </ul>	<b>Unit 4 – Keeping Safe (6 lessons)</b> <ul style="list-style-type: none"> <li>Being Safe</li> <li>Good and Bad Secrets</li> <li>Physical Contact</li> <li>Harmful Substances</li> <li>Can You Help Me? (Part 1)</li> <li>Can You Help Me? (Part 2)</li> </ul>
	<b>Autumn 2 Module 1 – Created and Loved by God (7 weeks)</b>	<b>Spring 2 Module 2 – Created to Love Others (5 weeks)</b>	<b>Summer 2 Module 3 – Created to Live in Community (7 weeks)</b>
	<b>Unit 3 – Emotional Well-Being (3 lessons)</b> <ul style="list-style-type: none"> <li>Feelings, Likes and Dislikes</li> <li>Feeling Inside Out</li> <li>Super Susie Gets Angry</li> </ul> <b>Unit 4 – Life Cycles (3 lessons)</b> <ul style="list-style-type: none"> <li>The Cycle of Life</li> <li>Beginnings and Endings</li> <li>Life is All Around</li> </ul>	<b>Unit 3 – Life Online (2 lessons)</b> <ul style="list-style-type: none"> <li>Real life online</li> <li>Rules to Help Us</li> </ul>	<b>Unit 1 – Religious Understanding (2 lessons)</b> <ul style="list-style-type: none"> <li>Three in One</li> <li>Who is my Neighbour?</li> </ul> <b>Unit 2 – Living in the Wider World (3 lessons)</b> <ul style="list-style-type: none"> <li>The Communities We Live in</li> <li>Who will I be?</li> <li>Needs and wants</li> </ul>

<b>Year group</b>	<b>Autumn 1 Module 1 – Created and Loved by God</b>	<b>Spring 1 Module 2 – Created to Love Others (6 weeks)</b>	<b>Summer 1 Module 3 – Created to Live in</b>
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	(8 weeks)	weeks)	Community (6 weeks)
Year 2	<p><b>Unit 1 – Religious Understanding (1 lesson)</b></p> <ul style="list-style-type: none"> <li>Let the Children Come</li> </ul> <p><b>Unit 2 – Me, My Body, My Health (3 lessons)</b></p> <ul style="list-style-type: none"> <li>I am unique</li> <li>Girls and Boys</li> <li>Clean and Healthy (My Body)</li> </ul>	<p><b>Unit 1 – Religious Understanding (1 lesson)</b></p> <ul style="list-style-type: none"> <li>God Loves You</li> </ul> <p><b>Unit 2 – Personal Relationships (3 lessons)</b></p> <ul style="list-style-type: none"> <li>Special People</li> <li>Treat Others Well...</li> <li>... And say sorry</li> </ul>	<p><b>Unit 4 – Keeping Safe (6 lessons)</b></p> <ul style="list-style-type: none"> <li>Harmful Substances</li> <li>Can You Help Me? (Part 1)</li> <li>Can You Help Me? (Part 2)</li> </ul> <p><b>Unit 1 – Religious Understanding (2 lessons)</b></p> <ul style="list-style-type: none"> <li>Three in One</li> <li>Who is my Neighbour?</li> </ul>
	<p><b>Autumn 2</b></p> <p><b>Module 1 – Created and Loved by God (7 weeks)</b></p>	<p><b>Spring 2</b></p> <p><b>Module 2 – Created to Love Others (5 weeks)</b></p>	<p><b>Summer 2</b></p> <p><b>Module 3 – Created to Live in Community (7 weeks)</b></p>
	<p><b>Unit 3 – Emotional Well-Being (3 lessons)</b></p> <ul style="list-style-type: none"> <li>Feelings, Likes and Dislikes</li> <li>Feeling Inside Out</li> <li>Super Susie Gets Angry</li> </ul> <p><b>Unit 4 – Life Cycles (3 lessons)</b></p> <ul style="list-style-type: none"> <li>The Cycle of Life</li> <li>Beginnings and Endings</li> <li>Life is All Around</li> </ul>	<p><b>Unit 3 – Life Online (2 lessons)</b></p> <ul style="list-style-type: none"> <li>Real life online</li> <li>Rules to Help Us</li> </ul>	<p><b>Unit 2 – Living in the Wider World (3 lessons)</b></p> <ul style="list-style-type: none"> <li>The Communities We Live in</li> <li>Who will I be?</li> <li>Needs and wants</li> </ul>

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 (6 weeks)
Year 3	Unit 1 – Religious Understanding (2 lessons) <ul style="list-style-type: none"> <li>• Get Up!</li> <li>• The Sacraments</li> </ul> Unit 2 – Me, My Body, My Health (4/5 lessons) <ul style="list-style-type: none"> <li>• We Don't Have to be the Same</li> <li>• Respecting Our Bodies</li> <li>• What is Puberty?</li> <li>• Changing Bodies</li> <li>• Male/Female discussion groups (Optional)</li> </ul>	Unit 1 – Religious Understanding (1 lesson) <ul style="list-style-type: none"> <li>• Jesus My Friend</li> </ul> Unit 2 – Personal Relationships (2 lessons) <ul style="list-style-type: none"> <li>• Friends, Family and Others...</li> <li>• When Things Feel Bad</li> </ul>	Unit 1 – Religious Understanding (2 lessons) <ul style="list-style-type: none"> <li>• A Community of Love</li> <li>• What is the Church?</li> </ul>
	My HappyMind – Meet your brain (2 lessons)	My HappyMind – Appreciate (2 lessons)	My HappyMind – Engage (2 lessons)
	Autumn 2 Module 1 – Created and Loved by God (7 weeks)	Spring 2 Module 2 – Created to Love Others (5 weeks)	Summer 2 Module 3 – Created to Live in Community (7 weeks)
Unit 3 – Emotional Well-Being (3 lessons) <ul style="list-style-type: none"> <li>• What am I feeling?</li> <li>• What am I looking at?</li> <li>• I am Thankful</li> </ul> Unit 4 – Life Cycles (3 lessons) <ul style="list-style-type: none"> <li>• Life Cycles</li> <li>• A Time for Everything (Bereavement)</li> </ul>	Unit 3 – Life Online (2 lessons) <ul style="list-style-type: none"> <li>• Sharing Online</li> <li>• Chatting Online</li> </ul> Unit 4 – Keeping Safe (4 lessons) <ul style="list-style-type: none"> <li>• Safe in my Body</li> <li>• Drugs, Alcohol and Tobacco</li> <li>• First Aid Heroes</li> <li>• Rights and Responsibilities</li> </ul>	Unit 2 – Living in the Wider World (3 lessons) <ul style="list-style-type: none"> <li>• How do I Love Others?</li> <li>• Working Together</li> <li>• Money Matters</li> </ul>	

	<ul style="list-style-type: none"> <li>• Big Changes, Little Changes</li> </ul>		
	My HappyMind – Celebrate (2 lessons)	My HappyMind – Relate (2 lessons)	My HappyMind+ - Consolidation

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 (6 weeks)
Year 4	Unit 1 – Religious Understanding (2 lessons) <ul style="list-style-type: none"> <li>• Get Up!</li> <li>• The Sacraments</li> </ul> Unit 2 – Me, My Body, My Health (4/5 lessons) <ul style="list-style-type: none"> <li>• We Don't Have to be the Same</li> <li>• Respecting Our Bodies</li> <li>• What is Puberty?</li> <li>• Changing Bodies</li> <li>• Male/Female discussion groups (Optional)</li> </ul>	Unit 1 – Religious Understanding (1 lesson) <ul style="list-style-type: none"> <li>• Jesus My Friend</li> </ul> Unit 2 – Personal Relationships (2 lessons) <ul style="list-style-type: none"> <li>• Friends, Family and Others...</li> <li>• When Things Feel Bad</li> </ul>	Unit 1 – Religious Understanding (2 lessons) <ul style="list-style-type: none"> <li>• A Community of Love</li> <li>• What is the Church?</li> </ul>
	My HappyMind – Meet your brain (2 lessons)	My HappyMind – Appreciate (2 lessons)	My HappyMind – Engage (2 lessons)
	Autumn 2 Module 1 – Created and Loved by God (7 weeks)	Spring 2 Module 2 – Created to Love Others (5 weeks)	Summer 2 Module 3 – Created to Live in Community (7 weeks)
	Unit 3 – Emotional Well-Being (3 lessons) <ul style="list-style-type: none"> <li>• What am I feeling?</li> <li>• What am I looking at?</li> <li>• I am Thankful</li> </ul> Unit 4 – Life	Unit 3 – Life Online (2 lessons) <ul style="list-style-type: none"> <li>• Sharing Online</li> <li>• Chatting Online</li> </ul> Unit 4 – Keeping Safe (4 lessons) <ul style="list-style-type: none"> <li>• Safe in my Body</li> <li>• Drugs, Alcohol and Tobacco</li> </ul>	Unit 2 – Living in the Wider World (3 lessons) <ul style="list-style-type: none"> <li>• How do I Love Others?</li> <li>• Working Together</li> <li>• Money Matters</li> </ul>

	<p>Cycles (3 lessons)</p> <ul style="list-style-type: none"> <li>• Life Cycles</li> <li>• A Time for Everything (Bereavement)</li> <li>• Big Changes, Little Changes</li> </ul>	<ul style="list-style-type: none"> <li>• First Aid Heroes</li> <li>• Rights and Responsibilities</li> </ul>	
	My HappyMind – Celebrate (2 lessons)	My HappyMind – Relate (2 lessons)	My HappyMind+ - Consolidation

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 (6 weeks)
Year 5	<p>Unit 1 – Religious Understanding (1 lesson)</p> <ul style="list-style-type: none"> <li>• Calming the Storm</li> </ul> <p>Unit 2 – Me, My Body, My Health (4 lessons)</p> <ul style="list-style-type: none"> <li>• Gifts and Talents</li> <li>• Girls’ Bodies</li> <li>• Boy’s Bodies</li> <li>• Spots and Sleep</li> </ul>	<p>Unit 1 – Religious Understanding (1 lesson)</p> <ul style="list-style-type: none"> <li>• Is God Calling You?</li> </ul> <p>Unit 2 – Personal Relationships (4 lessons)</p> <ul style="list-style-type: none"> <li>• Under Pressure</li> <li>• Do You Want a Piece of Cake?</li> <li>• Self-Talk</li> <li>• Build Others Up</li> </ul>	<p>Unit 1 – Religious Understanding (2 lessons)</p> <ul style="list-style-type: none"> <li>• The Trinity</li> <li>• Catholic Social Teaching</li> </ul>
	My HappyMind – Meet your brain (2 lessons)	My HappyMind – Appreciate (2 lessons)	My HappyMind – Engage (2 lessons)
	Autumn 2 Module 3 – Created to Live in Community (7 weeks)	Spring 2 Module 2 – Created to Love Others (5 weeks)	Summer 2 Module 1 – Created and Loved by God (7 weeks)

	<p><b>Unit 2 – Living in the Wider World (3 lessons)</b></p> <ul style="list-style-type: none"> <li>• Reaching Out</li> <li>• The World of Work</li> <li>• Money and Me</li> </ul>	<p><b>Unit 3 – Life Online (2 lessons)</b></p> <ul style="list-style-type: none"> <li>• Sharing isn't always Caring</li> <li>• Cyber Bullying</li> </ul> <p><b>Unit 4 - Keeping Safe (4 lessons)</b></p> <p>Types of Abuse</p> <ul style="list-style-type: none"> <li>• Impacted Lifestyles</li> <li>• Making Good Choices</li> <li>• Giving Assistance</li> </ul>	<p><b>Unit 3 – Emotional Well-Being (4 lessons)</b></p> <ul style="list-style-type: none"> <li>• Body Image</li> <li>• Peculiar Feelings</li> <li>• Emotional Changes</li> <li>• Seeing Stuff online</li> </ul> <p><b>Unit 4 – Life Cycles (5 lessons)</b></p> <p>Making Babies (Part 1)</p> <p>Making Babies (Part 2)</p> <p>Menstruation</p> <p>Hope Beyond Death</p> <p>Coping With Change</p>
	My Happymind – Celebrate (2 lessons)	My Happymind – Relate (2 lessons)	My Happymind+ - Consolidation

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 (6 weeks)
<b>Year 6</b>	<p><b>Unit 1 – Religious Understanding (1 lesson)</b></p> <ul style="list-style-type: none"> <li>• Calming the Storm</li> </ul> <p><b>Unit 2 – Me, My Body, My Health (4 lessons)</b></p> <ul style="list-style-type: none"> <li>• Gifts and Talents</li> <li>• Girls' Bodies</li> <li>• Boy's Bodies</li> <li>• Spots and Sleep</li> </ul>	<p><b>Unit 1 – Religious Understanding (1 lesson)</b></p> <ul style="list-style-type: none"> <li>• Is God Calling You?</li> </ul> <p><b>Unit 2 – Personal Relationships (4 lessons)</b></p> <ul style="list-style-type: none"> <li>• Under Pressure</li> <li>• Do You Want a Piece of Cake?</li> <li>• Self-Talk</li> <li>• Build Others Up</li> </ul>	<p><b>Unit 1 – Religious Understanding (2 lessons)</b></p> <ul style="list-style-type: none"> <li>• The Trinity</li> <li>• Catholic Social Teaching</li> </ul>
	My Happymind – Meet your brain (2 lessons)	My Happymind – Appreciate (2 lessons)	My Happymind – Engage (2 lessons)

	Autumn 2 Module 3 – Created to Live in Community (7 weeks)	Spring 2 Module 2 – Created to Love Others (5 weeks)	Summer 2 Module 1 – Created and Loved by God (7 weeks)
	<p>Unit 2 – Living in the Wider World (3 lessons)</p> <ul style="list-style-type: none"> <li>• Reaching Out</li> <li>• The World of Work</li> <li>• Money and Me</li> </ul>	<p>Unit 3 – Life Online (2 lessons)</p> <ul style="list-style-type: none"> <li>• Sharing isn't always Caring</li> <li>• Cyber Bullying</li> </ul> <p>Unit 4 - Keeping Safe (4 lessons)</p> <p>Types of Abuse</p> <ul style="list-style-type: none"> <li>• Impacted Lifestyles</li> <li>• Making Good Choices</li> <li>• Giving Assistance</li> </ul>	<p>Unit 3 – Emotional Well-Being (4 lessons)</p> <ul style="list-style-type: none"> <li>• Body Image</li> <li>• Peculiar Feelings</li> <li>• Emotional Changes</li> <li>• Seeing Stuff online</li> </ul> <p>Unit 4 – Life Cycles (5 lessons)</p> <p>Making Babies (Part 1)</p> <p>Making Babies (Part 2)</p> <p>Menstruation</p> <p>Hope Beyond Death</p> <p>Coping With Change</p>
	My HappyMind – Celebrate (2 lessons)	My HappyMind – Relate (2 lessons)	My HappyMind+ - Consolidation