

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"> • Handmade with Love Unit 2 – Me, My Body, My Health (3 lessons) <ul style="list-style-type: none"> • I am me • Heads, Shoulders, Knees and Toes • Ready Teddy? 	Unit 1 – Religious Understanding (1 lesson) <ul style="list-style-type: none"> • Role Model Unit 2 – Personal Relationships (3 lessons) <ul style="list-style-type: none"> • Who's Who? • You've Got a Friend in Me • Forever Friends 	Unit 1 – Religious Understanding (2 lessons) <ul style="list-style-type: none"> • 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 (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"> • I Like, You Like, We All Like! • All the Feelings! • Let's Get Real Unit 4 – Life Cycles (2 lessons) <ul style="list-style-type: none"> • Growing Up • New people, new places 	Unit 3 – Life Online (2 lessons) <ul style="list-style-type: none"> • What is the internet? • Playing online Unit 4 – Keeping Safe (4 lessons) <ul style="list-style-type: none"> • Safe Inside and Out • My Body, My Rules • Feeling Poorly • People Who Help Us 	Unit 2 – Living in the Wider World (3 lessons) <ul style="list-style-type: none"> • 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 (6 weeks)
Year 1	<p>Unit 1 – Religious Understanding (1 lesson)</p> <ul style="list-style-type: none"> Let the Children Come <p>Unit 2 – Me, My Body, My Health (3 lessons)</p> <ul style="list-style-type: none"> I am unique Girls and Boys Clean and Healthy (My Body) 	<p>Unit 1 – Religious Understanding (1 lesson)</p> <ul style="list-style-type: none"> God Loves You <p>Unit 2 – Personal Relationships (3 lessons)</p> <ul style="list-style-type: none"> Special People Treat Others Well... ... And say sorry 	<p>Unit 1 – Religious Understanding (2 lessons)</p> <ul style="list-style-type: none"> Three in One Who is my Neighbour?
	<p>Autumn 2 Module 1 – Created and Loved by God (7 weeks)</p> <p>Unit 3 – Emotional Well-Being (3 lessons)</p> <ul style="list-style-type: none"> Feelings, Likes and Dislikes Feeling Inside Out Super Susie Gets Angry <p>Unit 4 – Life Cycles (3 lessons)</p> <ul style="list-style-type: none"> The Cycle of Life Beginnings and Endings Life is All Around 	<p>Spring 2 Module 2 – Created to Love Others (5 weeks)</p> <p>Unit 3 – Life Online (2 lessons)</p> <ul style="list-style-type: none"> Real life online Rules to Help Us <p>Unit 4 – Keeping Safe (6 lessons)</p> <ul style="list-style-type: none"> Being Safe Good and Bad Secrets Physical Contact Harmful Substances Can You Help Me? (Part 1) Can You Help Me? (Part 2) 	<p>Summer 2 Module 3 – Created to Live in Community (7 weeks)</p> <p>Unit 2 – Living in the Wider World (3 lessons)</p> <ul style="list-style-type: none"> 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 (6 weeks)
Year 2	<p>Unit 1 – Religious Understanding (1 lesson)</p> <ul style="list-style-type: none"> • Let the Children Come <p>Unit 2 – Me, My Body, My Health (3 lessons)</p> <ul style="list-style-type: none"> • I am unique • Girls and Boys • Clean and Healthy (My Body) 	<p>Unit 1 – Religious Understanding (1 lesson)</p> <ul style="list-style-type: none"> • God Loves You <p>Unit 2 – Personal Relationships (3 lessons)</p> <ul style="list-style-type: none"> • Special People • Treat Others Well... • ... And say sorry 	<p>Unit 1 – Religious Understanding (2 lessons)</p> <ul style="list-style-type: none"> • Three in One • Who is my Neighbour?
	<p>Autumn 2 Module 1 – Created and Loved by God (7 weeks)</p> <p>Unit 3 – Emotional Well-Being (3 lessons)</p> <ul style="list-style-type: none"> • Feelings, Likes and Dislikes • Feeling Inside Out • Super Susie Gets Angry <p>Unit 4 – Life Cycles (3 lessons)</p> <ul style="list-style-type: none"> • The Cycle of Life • Beginnings and Endings • Life is All Around 	<p>Spring 2 Module 2 – Created to Love Others (5 weeks)</p> <p>Unit 3 – Life Online (2 lessons)</p> <ul style="list-style-type: none"> • Real life online • Rules to Help Us <p>Unit 4 – Keeping Safe (6 lessons)</p> <ul style="list-style-type: none"> • Being Safe • Good and Bad Secrets • Physical Contact • Harmful Substances • Can You Help Me? (Part 1) • Can You Help Me? (Part 2) 	<p>Summer 2 Module 3 – Created to Live in Community (7 weeks)</p> <p>Unit 2 – Living in the Wider World (3 lessons)</p> <ul style="list-style-type: none"> • The Communities We Live in • Who will I be? • Needs and wants

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Year 3	<p>Unit 1 – Religious Understanding (2 lessons)</p> <ul style="list-style-type: none"> • Get Up! • The Sacraments <p>Unit 2 – Me, My Body, My Health (4/5 lessons)</p> <ul style="list-style-type: none"> • We Don't Have to be the Same • Respecting Our Bodies • What is Puberty? • Changing Bodies • Male/Female discussion groups (Optional) 	<p>Unit 1 – Religious Understanding (1 lesson)</p> <ul style="list-style-type: none"> • Jesus My Friend <p>Unit 2 – Personal Relationships (2 lessons)</p> <ul style="list-style-type: none"> • Friends, Family and Others... • When Things Feel Bad 	<p>Unit 1 – Religious Understanding (2 lessons)</p> <ul style="list-style-type: none"> • A Community of Love • What is the Church?
	My Happymind – Meet your brain (2 lessons)	My Happymind – Appreciate (2 lessons)	My Happymind – Engage (2 lessons)
	<p>Autumn 2 Module 1 – Created and Loved by God (7 weeks)</p> <p>Unit 3 – Emotional Well-Being (3 lessons)</p> <ul style="list-style-type: none"> • What am I feeling? • What am I looking at? • I am Thankfu I <p>Unit 4 – Life Cycles (3 lessons)</p> <ul style="list-style-type: none"> • Life Cycles • A Time for Everything (Bereavement) • Big Changes, Little Changes 	<p>Spring 2 Module 2 – Created to Love Others (5 weeks)</p> <p>Unit 3 – Life Online (2 lessons)</p> <ul style="list-style-type: none"> • Sharing Online • Chatting Online <p>Unit 4 – Keeping Safe (4 lessons)</p> <ul style="list-style-type: none"> • Safe in my Body • Drugs, Alcohol and Tobacco • First Aid Heroes • Rights and Responsibilities 	<p>Summer 2 Module 3 – Created to Live in Community (7 weeks)</p> <p>Unit 2 – Living in the Wider World (3 lessons)</p> <ul style="list-style-type: none"> • How do I Love Others? • Working Together • Money Matters
	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	<p>Unit 1 – Religious Understanding (2 lessons)</p> <ul style="list-style-type: none"> • Get Up! • The Sacraments <p>Unit 2 – Me, My Body, My Health (4/5 lessons)</p> <ul style="list-style-type: none"> • We Don't Have to be the Same • Respecting Our Bodies • What is Puberty? • Changing Bodies • Male/Female discussion groups (Optional) 	<p>Unit 1 – Religious Understanding (1 lesson)</p> <ul style="list-style-type: none"> • Jesus My Friend <p>Unit 2 – Personal Relationships (2 lessons)</p> <ul style="list-style-type: none"> • Friends, Family and Others... • When Things Feel Bad 	<p>Unit 1 – Religious Understanding (2 lessons)</p> <ul style="list-style-type: none"> • A Community of Love • What is the Church?
My Happymind – Meet your brain (2 lessons)		My Happymind – Appreciate (2 lessons)	My Happymind – Engage (2 lessons)
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<p>Unit 3 – Emotional Well-Being (3 lessons)</p> <ul style="list-style-type: none"> • What am I feeling? • What am I looking at? • I am Thankful <p>Unit 4 – Life Cycles (3 lessons)</p> <ul style="list-style-type: none"> • Life Cycles • A Time for Everything (Bereavement) • Big Changes, Little Changes 	<p>Unit 3 – Life Online (2 lessons)</p> <ul style="list-style-type: none"> • Sharing Online • Chatting Online <p>Unit 4 – Keeping Safe (4 lessons)</p> <ul style="list-style-type: none"> • Safe in my Body • Drugs, Alcohol and Tobacco • First Aid Heroes • Rights and Responsibilities 	<p>Unit 2 – Living in the Wider World (3 lessons)</p> <ul style="list-style-type: none"> • How do I Love Others? • Working Together • Money Matters 	
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	Unit 1 – Religious Understanding (1 lesson) <ul style="list-style-type: none"> Calming the Storm Unit 2 – Me, My Body, My Health (4 lessons) <ul style="list-style-type: none"> Gifts and Talents Girls' Bodies Boy's Bodies Spots and Sleep 	Unit 1 – Religious Understanding (1 lesson) <ul style="list-style-type: none"> Is God Calling You? Unit 2 – Personal Relationships (4 lessons) <ul style="list-style-type: none"> Under Pressure Do You Want a Piece of Cake? Self-Talk Build Others Up 	Unit 1 – Religious Understanding (2 lessons) <ul style="list-style-type: none"> The Trinity Catholic Social Teaching
	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)
	Unit 2 – Living in the Wider World (3 lessons) <ul style="list-style-type: none"> Reaching Out The World of Work Money and Me 	Unit 3 – Life Online (2 lessons) <ul style="list-style-type: none"> Sharing isn't always Caring Cyber Bullying Unit 4 - Keeping Safe (4 lessons) <ul style="list-style-type: none"> Types of Abuse Impacted Lifestyles Making Good Choices Giving Assistance 	Unit 3 – Emotional Well-Being (4 lessons) <ul style="list-style-type: none"> Body Image Peculiar Feelings Emotional Changes Seeing Stuff online Unit 4 – Life Cycles (5 lessons) <ul style="list-style-type: none"> Making Babies (Part 1) Making Babies (Part 2) Menstruation Hope Beyond Death Coping With Change
	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 6	Unit 1 – Religious Understanding (1 lesson) <ul style="list-style-type: none"> • Calming the Storm Unit 2 – Me, My Body, My Health (4 lessons) <ul style="list-style-type: none"> • Gifts and Talents • Girls' Bodies • Boy's Bodies • Spots and Sleep 	Unit 1 – Religious Understanding (1 lesson) <ul style="list-style-type: none"> • Is God Calling You? Unit 2 – Personal Relationships (4 lessons) <ul style="list-style-type: none"> • Under Pressure • Do You Want a Piece of Cake? • Self-Talk • Build Others Up 	Unit 1 – Religious Understanding (2 lessons) <ul style="list-style-type: none"> • The Trinity • Catholic Social Teaching
	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)
	Unit 2 – Living in the Wider World (3 lessons) <ul style="list-style-type: none"> • Reaching Out • The World of Work • Money and Me 	Unit 3 – Life Online (2 lessons) <ul style="list-style-type: none"> • Sharing isn't always Caring • Cyber Bullying Unit 4 - Keeping Safe (4 lessons) <ul style="list-style-type: none"> Types of Abuse • Impacted Lifestyles • Making Good Choices • Giving Assistance 	Unit 3 – Emotional Well-Being (4 lessons) <ul style="list-style-type: none"> • Body Image • Peculiar Feelings • Emotional Changes • Seeing Stuff online Unit 4 – Life Cycles (5 lessons) <ul style="list-style-type: none"> Making Babies (Part 1) Making Babies (Part 2) Menstruation Hope Beyond Death Coping With Change
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