



Curriculum Map: PSHE

Intent Statement

At Sacred Heart, it is our intent that all children will be 'lifelong learners' with the confidence and ability to develop their skills and understanding when having new experiences, meeting new challenges and finding themselves in unfamiliar situations. PSHE is at the core of what we do and enables our children to become independent, confident, healthy and responsible members of society, as well as developing the "whole child" intellectually, morally, socially and spiritually. We offer a nurturing learning environment in which each child is encouraged to develop their full potential and where their achievements and successes are celebrated and rewarded.

Through our whole-school approach to PSHE, using My Happymind along with Ten:Ten resources, our curriculum equips children with relevant and meaningful content, which is supported through a strong emphasis on emotional literacy, building resilience and nurturing mental and physical health. With an ever-changing society, we can provide our children with a strong understanding of the diverse world around them and support them in playing a positive role in contributing to the school and the wider community. Our long-term plans embed all of these aspirations and in using My Happymind along with Ten:Ten, our children acquire knowledge, understanding and the skills they need to manage their lives now and in their futures.



With these aspirations, our INTENT for the PSHE curriculum:

- To promote children's moral, social, spiritual, cultural and physical development through a broad and balanced PSHE curriculum.
- To build a PSHE curriculum which embeds an understanding of RSE. This will allow children to develop safe and healthy relationships now and in the future.
- To develop children's self-confidence and self-esteem so they can be active and happy members of the school community and wider community.
- To understand factors which allow us to have a healthy lifestyle.
- To understand the importance of British values.

Our PSHE curriculum is planned to develop children's wellbeing and help them grow into active, healthy and responsible 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 show 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><u>Ten:Ten Module 1: Created and Loved by God</u> Unit 1: Religious Understanding (Creation) Unit 2: Me, My Body, My Health</p> <p><u>My Happymind</u> Meet Your Brain</p> <p><u>Ten:Ten Module 1: Understanding Religion</u> Unit 3: Emotional Well Being Unit 4: Life Cycles</p> <p><u>My Happymind</u> Celebrate</p>	<p><u>Ten:Ten Module 2: Created to Love Others</u> Unit 1: Religious Understanding</p> <p><u>My Happymind</u> Appreciate</p> <p><u>Ten:Ten Module 2: Created to Love Others</u> Unit 2: Personal Relationships</p> <p><u>My Happymind</u> Relate</p>	<p><u>Ten:Ten Module 2: Created to Love Others</u> Unit 3: Keeping Safe</p> <p><u>My Happymind</u> Engage</p> <p><u>Ten:Ten Module 3: Created to Live in Community</u> Unit 1: Religious Understanding Unit 2: Living in the Wider World</p>
<p>Aligned with the UK National Curriculum, these objectives aim to support children's personal, social, and emotional development:</p> <ol style="list-style-type: none"> 1. Self-Awareness and Confidence <ul style="list-style-type: none"> o Start to recognise and describe their own feelings, likes, and dislikes. o Build self-confidence by exploring their own interests and trying new activities. 2. Managing Feelings and Behaviour <ul style="list-style-type: none"> o Understand and talk about emotions and the impact of their actions on others. o Develop strategies to manage their feelings in appropriate ways. 3. Building Relationships <ul style="list-style-type: none"> o Learn to share, take turns, and collaborate with peers. 			

	<ul style="list-style-type: none"> ○ Develop positive relationships through empathy, kindness, and effective communication. <p>4. Health and Wellbeing</p> <ul style="list-style-type: none"> ○ Recognize the importance of physical health, including hygiene, exercise, and healthy eating. ○ Understand basic safety rules to stay safe in their environment. <p>5. Understanding the World Around Them</p> <ul style="list-style-type: none"> ○ Explore diversity and respect differences in people, cultures, and traditions. ○ Develop awareness of their role in the community and the importance of helping others. <p>6. Problem Solving and Independence</p> <ul style="list-style-type: none"> ○ Practice making simple decisions and solving problems in everyday situations. ○ Foster independence through self-care skills, such as dressing, tidying, and asking for help when needed. <p>These objectives provide a foundation for lifelong learning and emotional intelligence, tailored to the developmental stage of EYFS children.</p>
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Year group	Autumn	Spring	Summer
Year 1	<p><u>Ten:Ten Module 1: Created and Loved by God</u> Unit 1: Religious Understanding (Creation)</p> <p><u>Ten:Ten Module 2: Created to Love Other</u> Unit 1: Religious Understanding</p> <p><u>My Happy Mind</u> Meet Your Brain</p> <p><u>Friends for Life</u> Session 1 and Session 2</p> <p><u>My Happy Mind</u> Celebrate</p>	<p><u>Friends for Life</u> Session 2 (continued)</p> <p><u>Ten:Ten Module 2: Created to Love Others</u> Unit 2: Personal Relationships (Forgiveness)</p> <p><u>My Happy Mind</u> Appreciate</p> <p><u>Ten:Ten Module 2: Created to Love Others</u> Unit 3: Being Safe</p> <p><u>My Happy Mind</u> Relate</p>	<p><u>My Happy Mind</u> Engage</p> <p><u>Ten:Ten Module 3</u> Unit 1: Religious Understanding (Sharing the Life of Jesus and Following Jesus Today) Unit 2: The Communities We Live in (Our Church)</p>

Aligned with the UK National Curriculum, these objectives support the development of key personal, social, and emotional skills:

1. **Self-Awareness and Emotional Literacy**
 - Identify and name a range of emotions and understand how feelings influence behaviour.
 - Build self-confidence by setting simple personal goals and celebrating achievements.
2. **Healthy Relationships**
 - Recognise and practice positive ways to interact with friends, family, and others.
 - Understand the importance of kindness, sharing, and taking turns.
3. **Health and Wellbeing**
 - Recognise the benefits of a healthy lifestyle, including exercise, sleep, and a balanced diet.
 - Understand personal hygiene practices, such as handwashing and dental care.
4. **Safety and Responsibility**
 - Learn basic safety rules at home, school, and in the community, including online safety.
 - Begin to understand the concept of responsibility and how their actions affect themselves and others.
5. **Respecting Diversity**
 - Recognise that everyone is unique and learn to respect similarities and differences in people.
 - Begin to understand fairness and the importance of treating others equally.
6. **Decision-Making and Problem-Solving**
 - Develop skills to make simple decisions and understand the consequences of their choices.
 - Practice asking for help when needed and finding solutions to everyday problems.

These objectives aim to foster a strong foundation in emotional intelligence, healthy living, and positive social interactions for Year 1 pupils.

Year group	Autumn	Spring	Summer
Year 2	<p><u>Ten:Ten Module 1: Created and Loved by God</u> Unit 1: Religious Understanding Unit 2: Me, My Body, My Health Unit 4: Life Cycles (Animals including humans)</p> <p><u>My Happymind</u> Meet Your Brain</p> <p><u>Ten:Ten Module 1: Created and Loved By God</u></p>	<p><u>Friends for Life</u> Session 3 (Animals including Humans)</p> <p><u>My Happymind</u> Appreciate</p> <p><u>Ten:Ten Module 2: Created to Love Others</u> Unit 3: Being Safe</p> <p><u>My Happymind</u></p>	<p><u>My Happymind</u> Engage</p> <p><u>Ten:Ten Module 3</u> Unit 1: Religious Understanding (Our Church and The Mass) Unit 2: The Communities We Live in (Our Church and The Mass)</p>

	Unit 3: Emotional Wellbeing <u>My Happymind</u> Celebrate	Relate	
<p>Aligned with the UK National Curriculum, these objectives build on the foundation of personal, social, and emotional skills developed in Year 1:</p> <ol style="list-style-type: none"> 1. Self-Awareness and Emotional Regulation <ul style="list-style-type: none"> ○ Recognise a wider range of emotions in themselves and others and develop strategies to manage them. ○ Build self-esteem by identifying personal strengths and understanding the value of effort and perseverance. 2. Positive Relationships <ul style="list-style-type: none"> ○ Understand the qualities of good friendships and how to resolve conflicts fairly. ○ Recognise the importance of listening, cooperation, and empathy in relationships. 3. Health and Wellbeing <ul style="list-style-type: none"> ○ Identify and practice habits for maintaining physical and mental health, such as regular exercise and relaxation. ○ Learn about basic first aid concepts, like seeking help in emergencies and staying calm. 4. Safety and Risk Awareness <ul style="list-style-type: none"> ○ Understand safety rules in various environments, including road safety, water safety, and online safety. ○ Begin to recognize risks and how to seek help from trusted adults when feeling unsafe. 5. Respect and Inclusion <ul style="list-style-type: none"> ○ Appreciate the similarities and differences between people, fostering respect for diverse backgrounds and abilities. ○ Understand the importance of fairness, inclusion, and treating everyone with kindness. 6. Decision-Making and Responsibility <ul style="list-style-type: none"> ○ Develop independence in making thoughtful decisions and understanding their consequences. ○ Practice taking responsibility for their actions, belongings, and tasks. <p>These objectives aim to help Year 2 pupils develop resilience, social awareness, and a strong sense of responsibility, preparing them for the next stage in their personal and social development.</p>			

Year group	Autumn	Spring	Summer
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<p>Year 3</p>	<p><u>My Happymind</u> Meet Your Brain</p> <p><u>Ten:Ten Module 1 : Created and Loved by God</u> Unit 1 Religious Understanding</p> <p><u>Ten:Ten Module 2 – Created to love others</u> Unit 1 religious Understanding</p> <p><u>My Happymind</u> Celebrate</p>	<p><u>Ten:Ten Module 2: Created to love others</u> Unit 2 Personal Relationships</p> <p><u>Friends for life</u> <u>Session 1 – outcomes</u></p> <p><u>My Happymind</u> Appreciate</p> <p><u>Ten:Ten Module 2: Created to love others</u> Unit 3 Keeping Safe</p> <p><u>My Happymind</u> Relate</p>	<p><u>Ten:Ten Module 3 – Created to live in community</u> Unit 1 Religious Understanding</p> <p><u>My Happymind</u> Engage</p> <p><u>Ten:Ten Module 3, Created to live in the community</u> Unit 2 Living in the wider world</p> <p><u>PSHE</u> <u>Britain</u> – British Values</p>
<p>Aligned with the UK National Curriculum, these objectives help Year 3 pupils deepen their understanding of personal, social, and emotional development:</p> <ol style="list-style-type: none"> 1. Self-Awareness and Emotional Wellbeing <ul style="list-style-type: none"> ○ Identify and explore a range of emotions and develop strategies to handle stress, disappointment, and change. ○ Build self-confidence by recognising achievements and setting realistic personal goals. 2. Healthy Relationships <ul style="list-style-type: none"> ○ Learn about trust, honesty, and mutual respect as key components of friendships and relationships. ○ Develop skills to resolve conflicts and manage peer pressure in a positive way. 3. Health and Wellbeing <ul style="list-style-type: none"> ○ Understand the impact of healthy lifestyle choices on the body, including the importance of hydration, sleep, and nutrition. ○ Learn basic concepts of mental health and ways to maintain emotional balance. 4. Safety and Risk Management <ul style="list-style-type: none"> ○ Identify potential risks at home, school, and in the community, and learn strategies for staying safe. ○ Build on knowledge of online safety, including privacy, digital boundaries, and safe communication. 5. Respect and Inclusion <ul style="list-style-type: none"> ○ Recognise and challenge stereotypes and discrimination, fostering respect for diversity in all forms. ○ Understand the importance of fairness, inclusion, and contributing positively to group activities. 6. Decision-Making and Responsibility <ul style="list-style-type: none"> ○ Develop critical thinking skills to make informed choices and consider the consequences of actions. ○ Take increasing responsibility for personal organisation and managing tasks independently. <p>These objectives aim to enhance pupils' social and emotional skills while promoting independence, resilience, and respect for others.</p>			

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Year group	Autumn	Spring	Summer
Year 4	<p><u>My Happymind</u> Meet Your Brain</p> <p><u>Ten:Ten Module 1 : Created and Loved by God</u> Unit 1- Religious Understanding</p> <p><u>Friends for life</u> Session 2</p> <p><u>My Happymind</u> Celebrate</p>	<p><u>Ten:Ten Module 1 : Created and Loved by God</u> Unit 2 Me, my body, my health</p> <p><u>My Happymind</u> Appreciate</p> <p><u>Ten:Ten Module 1 : Created and Loved by God</u> Unit 1 Emotional well being</p> <p><u>My Happymind</u> Relate</p>	<p><u>Ten:Ten Module 3 – Created to live in community</u> Unit 1 – Religious Understanding</p> <p><u>My Happymind</u> Engage</p> <p><u>Ten:Ten Module 3 – Created to live in community</u> Unit 2 – Living in the wider world</p> <p><u>PSHE</u> Respecting Rights</p>
	<p>Aligned with the UK National Curriculum, these objectives focus on deepening pupils' personal, social, and emotional development while fostering critical life skills:</p> <ol style="list-style-type: none"> 1. Emotional Wellbeing and Resilience <ul style="list-style-type: none"> ○ Recognise and describe a range of emotions and develop strategies to manage challenges, including stress and disappointment. ○ Build resilience and self-confidence by learning from setbacks and celebrating progress. 2. Healthy Relationships <ul style="list-style-type: none"> ○ Understand how to build and maintain positive relationships, including recognizing respectful and disrespectful behaviours. ○ Learn about the importance of teamwork, compromise, and resolving conflicts peacefully. 3. Physical and Mental Health <ul style="list-style-type: none"> ○ Explore how diet, physical activity, and rest contribute to overall health and wellbeing. ○ Understand the concept of mental health and simple strategies to support emotional balance. 4. Safety Awareness <ul style="list-style-type: none"> ○ Identify potential risks in their environment, including online risks, and learn how to keep themselves safe. ○ Understand the importance of reporting unsafe situations and seeking help from trusted adults. 5. Respect and Inclusion 		

- Develop an understanding of equality and respect for individual differences, including culture, gender, and abilities.
 - Explore the impact of stereotypes and learn ways to challenge unfair behaviours.
- 6. Decision-Making and Social Responsibility**
- Practice making responsible choices and understanding the consequences of their actions on themselves and others.
 - Learn about contributing to their community and understanding their role as responsible citizens.

These objectives encourage Year 4 pupils to develop a balanced approach to health, relationships, and community engagement, preparing them for the complexities of growing independence.

Year group	Autumn	Spring	Summer
Year 5	<p><u>Module 1, Unit 1 Created and loved by God</u> Unit 1: Religious Understanding (creation) Module 1, Unit 1 - Calming the Storm</p> <p><u>Module 2 – Created to love others</u> Module 2, Unit 1</p> <p><u>My Happymind</u> Meet Your Brain</p> <p><u>Friends for life</u> Session 3</p> <p><u>My Happymind</u> Celebrate</p>	<p><u>Ten:Ten Module 2 – Created to love others</u> Unit 2 Personal relationships</p> <p><u>My Happymind</u> Appreciate</p> <p><u>Ten:Ten Module 2 – Created to love others</u> Unit 3 Keeping safe</p> <p><u>My Happymind</u> Relate</p>	<p><u>Ten:Ten Module 3 –Created to live in community</u> Unit 1 Religious understanding</p> <p><u>My Happymind</u> Engage</p> <p><u>Ten:Ten Module 3 –Created to live in community</u> Unit 2 Living in the wider world</p> <p><u>PSHE</u> Money Matters</p>
<p>Aligned with the UK National Curriculum, these objectives support the development of mature personal, social, and emotional skills for Year 5 pupils:</p> <ol style="list-style-type: none"> 1. Emotional Intelligence and Resilience <ul style="list-style-type: none"> ○ Recognise complex emotions and develop strategies for managing stress, anxiety, and change. ○ Build resilience by learning to overcome challenges and seek support when needed. 2. Healthy Relationships <ul style="list-style-type: none"> ○ Understand the characteristics of positive, healthy relationships, including trust, respect, and consent. ○ Learn effective communication skills, including listening, assertiveness, and conflict resolution. 			

3. **Health and Wellbeing**
 - Explore the importance of physical and mental health, including balanced nutrition, exercise, and mindfulness.
 - Understand puberty and the physical and emotional changes it brings, fostering body confidence and self-care.
4. **Safety and Risk Management**
 - Develop awareness of personal safety in real-life and online environments, including understanding boundaries and the importance of privacy.
 - Learn strategies to identify, assess, and manage risks in different situations.
5. **Diversity and Inclusion**
 - Understand and value diversity in society, including different cultures, beliefs, and lifestyles.
 - Challenge stereotypes and explore the importance of inclusion and equality.
6. **Citizenship and Responsibility**
 - Explore their role in the community and ways to contribute positively through kindness, volunteering, and environmental care.
 - Understand basic rights, responsibilities, and the importance of respecting laws and rules.
7. **Decision-Making and Critical Thinking**
 - Develop skills to make informed decisions, considering ethics, consequences, and peer influence.
 - Learn to evaluate information critically, particularly in media and online content.

These objectives aim to equip Year 5 pupils with the knowledge and skills needed to navigate the complexities of growing up and becoming responsible, empathetic individuals.

Year group	Autumn	Spring	Summer
Year 6	<p><u>Ten:Ten Module 1, Unit 1 Created and loved by God</u> Unit 1: Religious Understanding (creation)</p> <p><u>Friends for life</u> Session 3</p> <p><u>My Happy Mind</u> Meet Your Brain</p> <p><u>PSHE</u> Think Positive</p> <p><u>My Happy Mind</u></p>	<p><u>Ten:Ten Module 1, Unit 1 Created and loved by God</u> Unit 2- Me,my body and my health</p> <p><u>My Happy Mind</u> Appreciate</p> <p><u>Ten:Ten Module 1, Unit 1 Created and loved by God</u> Unit 3 Emotional wellbeing</p> <p><u>My Happy Mind</u> Relate</p>	<p><u>Ten:Ten Module 1, Unit 1 Created and loved by God</u> Unit 4 Life cycles</p> <p><u>Ten:Ten Module 3, Created to live in community</u> Unit 1 Religious understanding</p> <p><u>Ten:Ten Module 3, Created to live in community</u> Unit 2 Living in the wider world</p>

Celebrate

Aligned with the UK National Curriculum, these objectives prepare pupils for the transition to secondary school and equip them with key life skills:

1. **Self-Awareness and Emotional Resilience**
 - Develop a strong understanding of their emotions and strategies for managing stress, anxiety, and change.
 - Build self-confidence by recognizing personal strengths and setting realistic goals for future growth.
2. **Healthy Relationships**
 - Understand healthy, respectful relationships, including boundaries, consent, and managing conflict.
 - Recognise the signs of unhealthy relationships and know how to seek support if needed.
3. **Health and Wellbeing**
 - Learn the importance of maintaining both physical and mental health, including strategies for self-care.
 - Understand puberty and reproduction, preparing for the physical and emotional changes of adolescence.
4. **Safety and Risk Management**
 - Learn how to assess and manage risks in a range of situations, including online, in public spaces, and in relationships.
 - Understand the impact of peer pressure and strategies to resist negative influences.
5. **Respect and Inclusion**
 - Explore the value of diversity, equality, and inclusion, challenging stereotypes and promoting respect for others.
 - Understand and appreciate cultural differences and global citizenship.
6. **Decision-Making and Responsibility**
 - Develop critical thinking skills to make informed choices about personal health, relationships, and online behaviour.
 - Take responsibility for their actions and understand the importance of contributing positively to their community.

These objectives aim to support Year 6 pupils in becoming confident, informed, and responsible individuals ready to navigate the challenges of secondary school and beyond.