



RSHE/PSHE Curriculum Overview from Sept 2025



Year A	Autumn 1 Working Independently	Autumn 2 Collaborative Learning	Spring 1 Creative Thinking	Spring 2 Caring Thinking	Summer 1 Resilient Learning	Summer 2 Critical Thinking
EYFS	My Happy Mind – Meet your Brain (6 weeks) Brain, Cells, Team H-A-P, Happy Breathing, Big Emotions	My Happy Mind – Places (3 weeks) Feelings, emotions, stamps Happy Place, Middle Place, Busy Place My Happy Mind Celebrate (5 weeks) Love and Kindness, Bravery and Honesty, Exploring and Learning, Teamwork and Friendship, Love of Life and Our World, Anti Bullying Week Pantosaurus - NSPCC	My Happy Mind – Appreciate (6 weeks) Thankful, Ourselves, Others, Experiences, Safer Internet Day Children's Mental Health Week	My Happy Mind – Relate (6 weeks) Get Along, People, Listening,	My Happy Mind – Engage (6 weeks) Engage, Activity, Goal, Believe,	My Happy Body (2 weeks) My Happy Relationships (2 weeks) My Happy World (2 weeks) National Sports Week
KS1	My Happy Mind – Meet your Brain (5 weeks) Hippocampus, Amygdala, Prefrontal Cortex, Neuroplasticity, 'Fight, Flight Freeze' My Happy Mind – Places (4 weeks) facial expressions, body, heart, strategies	Showing Respect and managing hurtful behaviour (1 week) bullying, several incidents, on purpose, trusted adult, acceptable, essential, hurtful My Happy Mind Celebrate (4 weeks) Character Strengths, Unique, Special Strength Spotting, Anti Bullying Week Pantosaurus - NSPCC	My Happy Mind – Appreciate (3 weeks) Appreciate, Grateful, Wheel of Gratitude Healthy Lifestyles (2 weeks) healthy, unhealthy, habits, hygiene, routine, germs, spreading Safer Internet Day Children's Mental Health Week	My Happy Mind – Relate (3 weeks) Relate, Active Listening, 'Stop, Understand and Consider' Friendships, Differences Families and positive close relationships (2 weeks) close, extended, family, care, member, unsafe, worried, trusted	My Happy Mind – Engage (4 weeks) Perseverance, Goal Setting, 'Feel Good, Do Good', Believe to Achieve, Habits Shared Responsibilities (1 week) rules, respect Communities (1 week) community, roles, responsibilities	Ourselves Growing and Changing (2 weeks) grow, change, needs, stage, baby, child, adult, young, old. Ourselves, Growing and Changing – Transition (1 week) National Sports Week
LKS2	My Happy Mind – Meet your Brain (5 weeks) Mind, Focus, Neuron, Oxygen, Real Danger, Perceived Danger, Trigger My Happy Mind – Places (4 weeks) physical health, trusted adult, support	My Happy Mind Celebrate (4 weeks) Genetics, Neural Pathways Anti Bullying Week Pantosaurus - NSPCC	My Happy Mind – Appreciate (4 weeks) Attitude of Gratitude Healthy Lifestyles (2 weeks) balanced, lifestyle, diet, choices, influence Safer Internet Day Children's Mental Health Week	My Happy Mind – Relate (4 weeks) Relationships, Perspectives Friendships (1 week) truthfulness, honesty, support star, included, excluded Families and positive close relationships (1 week) blended family, relationship, trusted, security, stability	My Happy Mind – Engage (4 weeks) Resilience, Dopamine	Communities (1 week) Respect, diversity, contribute Shared Responsibilities (1 week) compassion, opinion, environment Ourselves Growing and Changing - Grief (1 weeks) grief, loss, passing away Ourselves, Growing and Changing – Transition (1 week) National Sports Week
UKS2	My Happy Mind – Meet your Brain (5 weeks) Cortisol, Dopamine My Happy Mind – Places (4 weeks)	My Happy Mind Celebrate (4 weeks) Wisdom, Courage, Humanity, Justice, Temperance, Transcendence, Virtues Anti Bullying Week Pantosaurus - NSPCC	My Happy Mind – Appreciate (4 weeks) Gratitude Domino Effect, Healthy Lifestyles (2 weeks) personal hygiene, bacteria, viruses, early signs, prevent, medicine, vaccinations, immunisations Sa Safer Internet Day Children's Mental Health Week fer Internet Day	My Happy Mind – Relate (4 weeks) Friendships (1 week) healthy friendships, online, offline, safe, peer pressure, uncomfortable Families and positive close relationships (1 week) marriage, affection, love,	My Happy Mind – Engage (4 weeks) Cortisol, Team Goals	Economic Wellbeing (3 weeks) cash, spending, priorities, budget, risk, safe, stolen, passwords Ourselves Growing and Changing - Grief (1 week) Ourselves, Growing and Changing – Transition (1 week) National Sports Week

"Still other seed fell on the good soil, where it produced a crop – a hundred, sixty or thirty times what was sown." Matthew 13 v8



RSHE/PSHE Curriculum Overview from Sept 2025



Year B	Autumn 1 Working Independently	Autumn 2 Collaborative Learning	Spring 1 Creative Thinking	Spring 2 Caring Thinking	Summer 1 Resilient Learning	Summer 2 Critical Thinking
EYFS	My Happy Mind – Meet your Brain (6 weeks) Brain, Cells, Team H-A-P, Happy Breathing, Big Emotions	My Happy Mind – Places (3 weeks) Feelings, emotions, stamps Happy Place, Middle Place, Busy Place My Happy Mind Celebrate (5 weeks) Love and Kindness, Bravery and Honesty, Exploring and Learning, Teamwork and Friendship, Love of Life and Our World, Anti-bullying week Speak Out, Stay Safe NSPCC	My Happy Mind – Appreciate (6 weeks) Thankful, Ourselves, Others, Experiences, Safer internet day Children's Mental Health Week	My Happy Mind – Relate (6 weeks) Get Along, People, Listening,	My Happy Mind – Engage (6 weeks) Engage, Activity, Goal, Believe,	My Happy Body (2 weeks) My Happy Relationships (2 weeks) My Happy World (2 weeks) National Sports Week
KS1	My Happy Mind – Meet your Brain (5 weeks) Hippocampus, Amygdala, Prefrontal Cortex, Neuroplasticity, 'Fight, Flight Freeze' My Happy Mind – Places (4 weeks) facial expressions, body, heart, strategies	My Happy Mind Celebrate (4 weeks) Character Strengths, Unique, Special Strength Spotting, Anti-bullying week Speak Out, Stay Safe NSPCC	My Happy Mind – Appreciate (3 weeks) Appreciate, Grateful, Wheel of Gratitude, Experiences, Keeping Safe (2 weeks) safe, unsafe, trusted adult, rules, emergency Media Literacy and Digital Resilience (1 week) internet, digital device, communication Safer internet day Children's Mental Health Week	My Happy Mind – Relate (3 weeks) Relate, Active Listening, 'Stop, Understand and Consider' Friendships, Differences Friendships (2 weeks) friend, respect, friendship, kind, opinions, disagreements	My Happy Mind – Engage (4 weeks) Perseverance, Goal Setting, 'Feel Good, Do Good', Believe to Achieve, Habits Safe Relationships (2 week) safe, unsafe, secret, surprise, permission, physical contact, uncomfortable	Economic Wellbeing (3 weeks) money, want, need, jobs, community, save, spend Ourselves, Growing and Changing – Transition (1 week) National Sports Week
LKS2	My Happy Mind – Meet your Brain (5 weeks) Mind, Focus, Neuron, Oxygen, Real Danger, Perceived Danger, Trigger My Happy Mind – Places (4 weeks) physical health, trusted adult, support	Showing Respect and managing hurtful behaviour (1 week) respect, treating, positive environment, bullying My Happy Mind Celebrate (4 weeks) Genetics, Neural Pathways Anti-bullying week . Speak Out, Stay Safe NSPCC	My Happy Mind – Appreciate (4 weeks) Attitude of Gratitude First Aid (1 week) Emergency services Media Literacy and Digital Resilience (1 week) screen time, benefit, protect, personal information, online Safer internet day Children's Mental Health Week	My Happy Mind – Relate (4 weeks) Relationships, Perspectives Safe Relationships (1 week) privacy, personal boundaries, pressure,	My Happy Mind – Engage (4 weeks) Resilience, Dopamine Keeping Safe (1 week) hazard, risk, safe, avoid, unattended	Economic Wellbeing (3 weeks) payment, paying, keeping track, careers Ourselves, Growing and Changing – Transition (1 week) National Sports Week
UKS2	My Happy Mind – Meet your Brain (3 weeks) Cortisol, Dopamine My Happy Mind – Places (4 weeks)	Shared Responsibilities (2 weeks) laws, human rights, rights, responsibilities, debate Showing Respect and managing hurtful behaviour (1 week) online, offline My Happy Mind Celebrate (2 weeks) Wisdom, Courage, Humanity, Justice, Temperance, Transcendence, Virtues Communities (1 week) values, challenge, fair and unfair, prejudice, discrimination, stereotypes Growing Up, Growing Wise Anti-bullying week Speak Out, Stay Safe NSPCC	My Happy Mind – Appreciate (2 weeks) Gratitude Domino Effect, First Aid (1 week) medical professional, emergency, first aid, trusted adult Drugs, Alcohol and Tobacco (1 week) drugs, substances, laws, legal, illegal, drugs, alcohol, tobacco, media, risks, effects Media Literacy and Digital Resilience (2 week) inappropriate content, age restrictions, social media, internet safety, edited content, fake information, online risk Safer internet day Children's Mental Health Week Safer internet day	My Happy Mind – Relate (2 weeks) Safe Relationships (1 week) consent, permission	My Happy Mind – Engage (2 weeks) Cortisol, Team Goals Be Your Best (3 weeks)	Transition Programme (6 weeks) National Sports Week

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