

PSHE Curriculum

Personal, Social, Health and Economic Education Long-Term Curriculum Map



At Oakridge Community Primary School and Lealholm Primary School, we believe that Personal, Social, Health and Economic Education (PSHE), Relationships Education and Health Education are fundamental in helping children become successful learners and responsible citizens.

Our curriculum reflects our vision of developing children who are **Compassionate**, **Curious** and **Confident**. Through high-quality PSHE education, pupils develop the knowledge, skills and understanding needed to build positive relationships, look after their physical and mental wellbeing, stay safe and make informed choices.

We recognise that children are growing up in a rapidly changing world. Our curriculum equips them to navigate the opportunities and challenges they face, both online and offline, whilst developing the confidence, resilience and respect they need to flourish as members of their communities and beyond.

Our curriculum is set out below. This may need to be adapted (change the order of lessons) as and when lessons support other learning opportunities across the curriculum.

Nursery – 1 Year Cycle

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	<u>myHappymind - Meet Your Brain</u> 			 <u>myHappymind Places</u> 			<u>myHappymind - Celebrate</u> 									
Spring	<u>myHappymind - Appreciate</u> 		<u>myHappy Body</u> 		<u>myHappymind - Relate</u> 			<u>myHappy Relationships</u> 		Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.						
Summer	<u>myHappymind - Engage</u> 		<u>myHappy World</u> 		<u>Ready To Shine</u> By myHappymind 											

Reception – 1 Year Cycle

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	<u>myHappymind - Meet Your Brain</u>  *You can also complete our School Readiness Programme - Ready to Shine.								<u>myHappymind - Celebrate</u> 							
Spring	<u>myHappymind - Appreciate</u> 					<u>myHappymind - Relate</u> 					Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.					
Summer	<u>myHappymind - Engage</u> 					<u>myHappy body</u> 		<u>myHappy relationships</u> 		<u>myHappy world</u> 						

KS1 2 Year Cycle

Cycle A

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
Autumn	myHappymind - <u>Meet Your Brain</u>				myHappymind <u>Places</u>				Friendships and Showing Respect (Bullying)		myHappymind - <u>Celebrate</u>						
Spring	myHappymind - <u>Appreciate</u>		Healthy <u>Choices</u>		Buffer		myHappymind - <u>Relate</u>		Families and Trusted Relationships		Buffer		Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.				
Summer	myHappymind - <u>Engage</u>		Protecting Our Communities	Protecting Our Communities	Changing and Growing		Changing and Growing (Transition)		Buffer								

Cycle B

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	myHappymind - Meet Your Brain					myHappymind Places				myHappymind - Celebrate				Buffer		
Spring	myHappymind - Appreciate		Safe Choices		Online Safety	myHappymind - Relate			Friendships and Showing Respect		Changing and Growing (My Amazing Body)	Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.				
Summer	myHappymind - Engage		Safe relationships		Economic Wellbeing		Changing and Growing (Transition)	Buffer								

Cycle A

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	myHappymind - Meet Your Brain				myHappymind Places				myHappymind - Celebrate				Buffer			
Spring	myHappymind - Appreciate		Healthy Choices		myHappymind - Relate		Friendships and Showing Respect		Families and Trusted Relationships		Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.					
Summer	myHappymind - Engage		Changing and Growing (My Amazing Body)	Protecting Our Communities	Protecting Our Communities	Changing and Growing (Grief)	Changing and Growing (Transition)	Buffer								

Cycle B

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
Autumn	myHappymind - <u>Meet Your Brain</u>				myHappymind Places				Friendships and Showing Respect (Bullying)		myHappymind - <u>Celebrate</u>						
Spring	myHappymind - <u>Appreciate</u>		First Aid		Online Safety		myHappymind - <u>Relate</u>		Safe Relationships		Buffer		Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.				
Summer	myHappymind - <u>Engage</u>		Safe Choices		Changing and Growing (Period)		Economic Wellbeing		Changing and Growing (Transition)		Buffer						

Year 5 and 6 – 2 Year Cycle

In the second half of the summer term, Year 5 children will always complete cycle A starting with Economic Wellbeing and Careers while Year 6 children will complete the transition programme to prepare them for Secondary School transition.

Cycle A

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	myHappymind - Meet Your Brain				myHappymind Places				myHappymind - Celebrate							
Spring	myHappymind - Appreciate		Healthy Choices		myHappymind - Relate		Friendships and Showing Respect		Families and Trusted Relationships		Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.					
Summer	myHappymind - Engage		Changing and Growing (The Big Change)		Safe Relationships (All Kinds Of Love)		Economic Wellbeing and Careers		Changing and Growing (Grief)		Changing and Growing (Transition)		Buffer			

Cycle B

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	myHappymind - Meet Your Brain		myHappymind Places			Protecting Our Communities		Friendships and Showing Respect (Bullying)		myHappymind - Celebrate		Protecting Our Communities		Buffer		
Spring	myHappymind - Appreciate	First Aid	Safe Choices (Drug Education)	Online Safety		myHappymind - Relate		Safe relationships	Changing and Growing (Sex Ed - How Life Begins)	Changing and Growing (Sex Ed - Caring for Babies and Making Choices)	Safe Relationships (FGM)	Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.				
Summer	myHappymind - Engage	myHappymind - Be Your Best		myHappymind - Transition Programme (2 sessions a week)												