



ROSH PINAH PRIMARY SCHOOL

Curriculum Map

PSHE 2025 -26

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Induction All About Me Transition Managing Feelings and Behaviours Self Confidence and Self Esteem Making Relationships 10 th October – World Mental Health Day British Values – Democracy Black History Month My Happy Mind Module 1 - Meet your Brain	Anti-Bullying Week Managing Feelings and Behaviours Self Confidence and Self Esteem Staying Safe + Road Safety Week Making Relationships Remembrance Day Christmas Appreciation and Diwali My Happy Mind Module 2 – Celebrate How Character Strengths make us unique and special. Celebrate differences.	Internet Safety Children’s Mental Health Week Managing Feelings and Behaviours Self Confidence and Self Esteem Making Relationships British Values – Mutual Respect and Tolerance My Happy Mind Module 3 – Appreciate What appreciation is. How to show gratitude	Managing Feelings and Behaviours Self Confidence and Self Esteem Making Relationships Neurodiversity Week British Values – Individual Liberty My Happy Mind Module 4 – Relate The importance of listening to others. How to develop good listening skills.	British Values – The Rule of Law Managing Feelings and Behaviours Self Confidence and Self Esteem RSHE Making Relationships My Happy Mind Module 4 – Relate The importance of listening to others. How to develop good listening skills. My Happy Mind Module 5 – Engage What Goal Setting is. Why goals are important.	Managing Feelings and Behaviours Self Confidence and Self Esteem Financial Education Making Relationships My Happy Mind Module 5 – Engage What Goal Setting is. Why goals are important.

	What the brain looks like. The role of the brain. The importance of looking after our brain.					
Year 1	Transition to Year 1 All about me/induction Human body, senses and feelings (link to Science) Black History Month 10th October – World Mental Health Day British Values – Democracy NSPCC – Speak Out, Stay Safe Ongoing – Managing feelings and behaviours Making relationships Self-confidence and self-esteem	Anti-Bullying Week Staying Safe + Road Safety Week Looking after our local community. (link to Geography) Remembrance Day Christmas Appreciation and Diwali Ongoing – Managing feelings and behaviours Making relationships Self-confidence and self-esteem My Happy Mind Module 2 – Celebrate Learn the 5 Character Strengths. Identify their Character Strengths Celebrate others' Character Strengths.	Internet Safety Children's Mental Health Week Communications/Relationships (link with English) Looking after our world (link to Geography) Ongoing – Managing feelings and behaviours Making relationships Self-confidence and self-esteem British Values – Mutual Respect and Tolerance My Happy Mind Module 3 – Appreciate What we should appreciate. The benefits of showing gratitude.	Neurodiversity Week RSHE – hygiene and the changing body Streetwise – Body Image and RSE Workshops Ongoing – Managing feelings and behaviours Making relationships Self-confidence and self-esteem British Values – Individual Liberty My Happy Mind Module 4 – Relate What relate means Celebrate differences in others What Active Listening is.	Healthy Living British Values – The Rule of Law Ongoing – Managing feelings and behaviours Making relationships Self-confidence and self-esteem My Happy Mind Module 4 – Relate What relate means Celebrate differences in others What Active Listening is. My Happy Mind Module 5 – Engage What it means to engage. How to set goals.	Money Week Financial Education Preparing to be citizens in society Ongoing – Managing feelings and behaviours Making relationships Self-confidence and self-esteem My Happy Mind Module 5 – Engage What it means to engage. How to set goals.

	My Happy Mind Module 1 - Meet your Brain Learning about key parts of the brain. What happens in their brain when they feel different emotions. The benefits of calming strategies					
Year 2	Transition to Year 2 Black History Month 10th October – World Mental Health Day British Values - Democracy NSPCC – Speak Out, Stay Safe Physical Activity and the effect on our body (link with PE and Science) Ongoing – Managing feelings and behaviours Making relationships	Anti-Bullying Week Staying Safe + Road Safety Week Families/Relationships (link to English) Looking after the environment (link with Science) Remembrance Day Christmas Appreciation and Diwali Ongoing – Managing feelings and behaviours Making relationships Self-confidence and self-esteem	Internet Safety Children’s Mental Health Week Keeping Healthy – diet and exercise (link to Science) Ongoing – Managing feelings and behaviours Making relationships Self-confidence and self-esteem British Values – Mutual Respect and Tolerance My Happy Mind Module 3 – Appreciate What we should appreciate. The benefits of showing gratitude.	Neurodiversity Week British Values – Mutual Respect and Tolerance RSHE – positive body image Streetwise Body Image and RSE workshops British Values – Individual Liberty Ongoing – Managing feelings and behaviours Making relationships Self-confidence and self-esteem	Preparing to be citizens in society British Values – The Rule of Law Ongoing – Managing feelings and behaviours Making relationships Self-confidence and self-esteem My Happy Mind Module 4 – Relate What relate means Celebrate differences in others What Active Listening is. My Happy Mind Module 5 - Engage	Money Week Financial Education Transition to Year 3 preparation Ongoing – Managing feelings and behaviours Making relationships Self-confidence and self-esteem My Happy Mind Module 5 – Engage What it means to engage. How to set goals.

	Self-confidence and self-esteem My Happy Mind Module 1 - Meet your Brain Learning about key parts of the brain. What happens in their brain when they feel different emotions. The benefits of calming strategies	My Happy Mind Module 2 – Celebrate Learn the 5 Character Strengths. Identify their Character Strengths Celebrate others’ Character Strengths		My Happy Mind Module 4 – Relate What relate means Celebrate differences in others What Active Listening is.		
Year 3	Transition to Year 3 Developing a healthier lifestyle (link to Science) NSPCC – Speak Out, Stay Safe Black History Month British Values - Democracy 10th October – World Mental Health Day Ongoing – Managing feelings and behaviours	Anti-Bullying Week Staying Safe + Road Safety Week Remembrance Day Christmas Appreciation and Diwali Preparing to be citizens in society. Ongoing – Managing feelings and behaviours Making relationships My Happy Mind Module 2 – Celebrate Identify Character	Internet Safety Children’s Mental Health Week Developing a healthy lifestyle – oral hygiene / exercise/ diet Ongoing – Managing feelings and behaviours Making relationships Self-confidence and self-esteem British Values – Mutual Respect and Tolerance My Happy Mind Module 3 – Appreciate Develop the skill of gratitude. The benefits of giving and receiving gratitude.	Neurodiversity Week Preparing to be citizens in society RSHE – Streetwise Body Image and RSE workshops British Values – Individual Liberty Ongoing – Managing feelings and behaviours Making relationships Self-confidence and self-esteem	Preparing to be citizens in society British Values – The Rule of Law Ongoing – Managing feelings and behaviours Making relationships Self-confidence and self-esteem My Happy Mind Module 4 – Relate Looking at different perspectives. The importance of friendships. The benefits of Active Listening.	Money Week Financial Education Transition to Year 4 preparation Ongoing – Managing feelings and behaviours Making relationships Self-confidence and self-esteem My Happy Mind Module 5 – Engage How to develop the skills of perseverance and resilience.

	Making relationships Self-confidence and self-esteem My Happy Mind Module 1 - Meet your Brain Key parts of the brain and how they work. How to support their brain when feeling different emotions. Creating positive habits.	Strengths indifferent scenarios. Develop their Character Strengths.		My Happy Mind Module 4 – Relate Looking at different perspectives. The importance of friendships. The benefits of Active Listening	My Happy Mind Module 5 – Engage How to develop the skills of perseverance and resilience. Reflect on goals whether they area chieved or not.	Reflect on goals whether they area chieved or not.
Year 4	Transition to Year 4 Black History Month NSPCC – Speak Out, Stay Safe 10th October – World Mental Health Day British Values - Democracy Ongoing – Managing feelings and behaviours	Anti-Bullying Week Developing a healthier lifestyle / Keeping safe (link to Science) Staying Safe + Road Safety Week Remembrance Day Christmas Appreciation and Diwali	Internet Safety Children’s Mental Health Week Caring for the environment (link to Geography) Ongoing – Managing feelings and behaviours Making relationships British Values – Mutual Respect and Tolerance My Happy Mind Module 3 – Appreciate	Neurodiversity Week RSHE – puberty Streetwise Body Image and RSHE workshops Financial Education British Values – Individual Liberty Ongoing – Managing feelings and behaviours Making relationships	Preparing to be citizens in society British Values – The Rule of Law Ongoing – Managing feelings and behaviours Making relationships Self-confidence and self-esteem My Happy Mind Module 4 – Relate Looking at different perspectives.	Money Week Financial Education Transition to Year 5 preparation Ongoing – Managing feelings and behaviours Making relationships Self-confidence and self-esteem My Happy Mind Module 5 – Engage How to develop the skills of

	Making relationships My Happy Mind Module 1 - Meet your Brain Key parts of the brain and how they work. How to support their brain when feeling different emotions. Creating positive habits.	Ongoing – Managing feelings and behaviours Making relationships My Happy Mind Module 2 – Celebrate Identify Character Strengths in different scenarios. Develop their Character Strengths.	Develop the skill of gratitude. The benefits of giving and receiving gratitude.	My Happy Mind Module 4 – Relate Looking at different perspectives. The importance of friendships. The benefits of Active Listening.	The importance of friendships. The benefits of Active Listening. My Happy Mind Module 5 – Engage How to develop the skills of perseverance and resilience. Reflect on goals whether they are achieved or not.	perseverance and resilience. Reflect on goals whether they are achieved or not.
Year 5	Transition to Year 5 Black History Month NSPCC – Speak Out, Stay Safe British Values - Democracy 10th October – World Mental Health Day / JAMI visit Ongoing – Managing feelings and behaviours Making relationships	Anti-Bullying Week Staying Safe + Road Safety Week Remembrance Day Christmas Appreciation and Diwali Ongoing – Managing feelings and behaviours Making relationships My Happy Mind Module 2 – Celebrate The importance of identifying Character Strengths in	Internet Safety Children’s Mental Health Week Ongoing – Managing feelings and behaviours Making relationships Self-confidence and self-esteem British Values – Mutual Respect and Tolerance My Happy Mind Module 3 – Appreciate The brain's reaction to giving and receiving gratitude at a deeper level. Creating daily habits of gratitude.	Neurodiversity Week RSHE - puberty/positive body image Streetwise Body Image and RSHE workshops. British Values – Individual Liberty Ongoing – Managing feelings and behaviours Making relationships Self-confidence and self-esteem	Preparing to be citizens in society British Values – The Rule of Law Ongoing – Managing feelings and behaviours Making relationships Self-confidence and self-esteem My Happy Mind Module 4 – Relate How to build successful friendships. Skills needed to actively listen.	Money Week Financial Education Transition to Year 6 preparation Ongoing – Managing feelings and behaviours Making relationships Self-confidence and self-esteem My Happy Mind Module 5 – Engage Individual and team goals. How to remain engaged with goals. Independently create goals and

	My Happy Mind Module 1 - Meet your Brain The science behind the brain in more detail and understand how to react positively. Use calming strategies independently.	themselves and others. How Character Strengths help indifferent situations. How Character Strengths can support them through transition.	How gratitude can help them through tough times.	My Happy Mind Module 4 – Relate How to build successful friendships. Skills needed to actively listen. How relationships can support them through transition.	How relationships can support them through transition. My Happy Mind Module 5 – Engage Individual and team goals. How to remain engaged with goals. Independently create goals and know the steps and strategies needed to achieve these.	know the steps and strategies needed to achieve these.
Year 6	Transition to Year 6 Black History Month NSPCC – Speak Out, Stay Safe 10th October – World Mental Health Day / JAMI visit British Values - Democracy Ongoing – Managing feelings and behaviours	Anti-Bullying Week Staying Safe + Road Safety Week Remembrance Day Christmas Appreciation and Diwali Ongoing – Managing feelings and behaviours Making relationships My Happy Mind Module 2 – Celebrate The importance of identifying Character Strengths in	Internet Safety Children’s Mental Health Week Ongoing – Managing feelings and behaviours Making relationships Self-confidence and self-esteem British Values – Mutual Respect and Tolerance My Happy Mind Module 3 – Appreciate The brain's reaction to giving and receiving gratitude at a deeper level. Creating daily habits of gratitude.	Neurodiversity Week Healthy relationships resolving disputes and conflicts. (link to English) RSHE – Body Image and RSHE workshops Drugs/Alcohol Education (link to Science) British Values – Individual Liberty	Preparing to be citizens in society British Values – The Rule of Law Transition to secondary school/Streetwise workshop/Junior Citizenship Ongoing – Managing feelings and behaviours Making relationships Self-confidence and self-esteem My Happy Mind Module 5 – Engage Individual and team goals. How to remain engaged with goals. Independently create goals and know the steps and	Money Week Financial education Year 6 Residential Ongoing – Managing feelings and behaviours Making relationships Self-confidence and self-esteem My Happy Mind Module 5 – Engage Individual and team goals. How to remain engaged with goals. Independently create goals and know the steps and

	Making relationships Developing leadership skills My Happy Mind Module 1 - Meet your Brain The science behind the brain in more detail and understand how to react positively. Use calming strategies independently.	themselves and others. How Character Strengths help indifferent situations. How Character Strengths can support them through transition.	How gratitude can help them through tough times.	Ongoing – Managing feelings and behaviours Making relationships Self-confidence and self-esteem My Happy Mind Module 4 – Relate How to build successful friendships. Skills needed to actively listen. How relationships can support them through transition.	How to build successful friendships. Skills needed to actively listen. How relationships can support them through transition. My Happy Mind Module 5 – Engage Individual and team goals. How to remain engaged with goals. Independently create goals and know the steps and strategies needed to achieve these.	strategies needed to achieve these. My Happy Mind – Yr6 module Transition to secondary school
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