

## **Curriculum Map**

## **PSHE 2025 -26**

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

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

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

	Making	Strengths indifferent		My Happy Mind	My Happy Mind	Reflect on goals
	relationships	scenarios.		Module 4 – Relate	Module 5 – Engage	whether they area
	Self-confidence and	Develop their		Looking at different	How to develop the	chieved or not.
	self-esteem	Character Strengths.		perspectives.	skills of	
				The importance of	perseverance and	
	My Happy Mind			friendships.	resilience.	
	Module 1 - Meet			The benefits of	Reflect on goals	
	your Brain			Active Listening	whether they area	
					chieved or not.	
	Key parts of the					
	brain and how they					
	work.					
	How to support					
	their brain when					
	feeling different					
	emotions.					
	Creating positive					
	habits.					
Year 4	Transition to Year 4	Anti-Bullying Week	Internet Safety	Neurodiversity	Preparing to be	Money Week
				Week	citizens in society	Financial Education
	Black History		Children's Mental Health			
	Month	Developing a	Week	RSHE – puberty	British Values – The	Transition to Year 5
		healthier lifestyle /		Streetwise Body	Rule of Law	preparation
	NSPCC – Speak Out,	Keeping safe (link to	Caring for the environment	Image and RSHE		
	Stay Safe	Science)	(link to Geography)	workshops	Ongoing –	
					Managing feelings	Ongoing – Managing
	10 <sup>th</sup> October –	Staying Safe + Road	Ongoing – Managing feelings	Financial Education	and behaviours	feelings and
	World Mental	Safety Week	and behaviours		Making	behaviours
	Health Day		Making relationships		relationships	Making relationships
	5 1 1	Remembrance Day	5	British Values –	Self-confidence and	Self-confidence and
	British Values -	Cl. der	British Values – Mutual	Individual Liberty	self-esteem	self-esteem
	Democracy	Christmas	Respect and Tolerance	0	NALIJam - NALIJ	Barrian Barra
	0	Appreciation and	NA. Hamer National	Ongoing –	My Happy Mind	My Happy Mind
	Ongoing –	Diwali	My Happy Mind	Managing feelings	Module 4 – Relate	Module 5 – Engage
	Managing feelings		Module 3 – Appreciate	and behaviours	Looking at different	How to develop the
	and behaviours			Making	perspectives.	skills of
				relationships		

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late Module 5 – Engage d Individual and team
goals.
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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	Anti-Bullying Week  Staying Safe + Road  Safety Week	Internet Safety Children's Mental Health Week	Neurodiversity Week Healthy relationships	Preparing to be citizens in society  British Values – The Rule of Law	Money Week Financial education Year 6 Residential
	NSPCC – Speak Out, Stay Safe	Remembrance Day  Christmas  Appreciation and  Diwali	Ongoing – Managing feelings and behaviours Making relationships Self-confidence and self- esteem	resolving disputes and conflicts. (link to English) RSHE –	Transition to secondary school/Streetwise workshop/Junior	Ongoing – Managing feelings and behaviours Making relationships
	10 <sup>th</sup> October – World Mental Health Day / JAMI visit British Values - Democracy	Ongoing – Managing feelings and behaviours Making relationships	British Values – Mutual Respect and Tolerance <b>My Happy Mind</b> Module 3 – Appreciate The brain's reaction to giving	Body Image and RSHE workshops Drugs/Alcohol Education (link to Science)	Citizenship  Ongoing –  Managing feelings  and behaviours  Making  relationships	Self-confidence and self-esteem  My Happy Mind Module 5 – Engage Individual and team goals.
	Ongoing – Managing feelings and behaviours	My Happy Mind Module 2 – Celebrate The importance of identifying Character Strengths in	and receiving gratitude at a deeper level. Creating daily habits of gratitude.	British Values – Individual Liberty	Self-confidence and self-esteem  My Happy Mind Module 4 – Relate	How to remain engaged with goals. Independently create goals and know the steps and

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