

PSHE/RSE Long Term Overview 26-27

myHappyworld
Maps to:
Section 2: Economic Wellbeing and Careers Education

Covers:
Online Life and safety
Economic Wellbeing
Careers Education: aspirations, learning and work
Drug Education

myHappyrelationships
Maps to:
Section 1: Relationships (Sex) and Health Education (RSHE)

Covers:
Families
Friendships
Respecting self and others
Safe relationships

myHappybody
Maps to:
Section 1: Relationships (Sex) and Health Education (RSHE)

Covers:
Mental Health and Wellbeing
Keeping Healthy and Well
Physical Activity and Nutrition
Changing and growing up
Personal Safety and First Aid

myHappymind Places
to help children deepen their understanding of emotions and develop effective self-regulation strategies.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Little Doves	Meet your brain	Places/ Celebrate	Appreciate/ Happy Body	Relate/ Relationships	Engage/ World	Time to shine – school readiness and academic skills
Reception	Meet your brain	Places/ Celebrate	Appreciate	Relate	Engage	Body/ relationships/ World
Reception Think Equal scheme	'Same' and 'Different'	Emotions	Empathy	Coping	Compassion	Perspective
Year 1	Meet your brain	Places/ Friendships and showing respect (bullying)/ Celebrate	Appreciate/ Healthy Choices	Relate/ Families and trusted relationships	Engage/ Protect our communities	Changing and growing (inc. transition to next class)
Year 2	Meet your brain/	Places/ Celebrate	Appreciate/ Safe choices/ Online safety	Relate/ Friendships and showing respect/ Body	Engage/ Safe relationships	Economic wellbeing/ Protect our communities/ Changing and growing (inc. transition to next class)
Year 3	Meet your brain	Places/ Celebrate	Appreciate/ Healthy Choices	Relate/ Friendships and showing respect/ Families and trusted relationships	Engage	Body/ Protect Communities/ Changing and growing (inc. transition to next class)
Year 4	Meet your brain	Places/ Friendships and showing respect / Celebrate	Appreciate/ First Aid/ Online safety	Relate/ Safe relationships	Engage/ safe choices/ Changing and growing (Period)	Economic wellbeing/ Changing and growing (inc. transition to next class)/ Protecting our communities
Year 5	Meet your brain	Places/ Celebrate	Appreciate/ Healthy choices	Relate/ Friendships and showing respect/ Families and trusted relationships	Engage/ Changing and growing (Puberty)/ safe relationships – all kind of love	Economic wellbeing and careers/ Changing and growing (inc. grief and transition to next class)/ Online safety
Year 6	Meet your brain/ celebrate	Protect communities/ Friendships and showing respect (bullying)/ Celebrate/ Protect communities	Appreciate/ First Aid/ Safe Choices (Drug Education)/ Online safety	Relate/ Safe relationships/ Changing and growing – grief/ Sex Ed (optional – 2 lessons – how life begins/ caring for babies and making choices)	Engage/ Be your best	Transition (inc. transition to a new setting) Real Love Rocks (safe/ consensual relationships - inc. child sexual and criminal exploitation, grooming, and abuse)