



PSHE at Brownhills West Primary School

At Brownhills West, our PSHE curriculum is designed to help every child grow into a confident, compassionate and resilient young person who understands themselves, values others and contributes positively to their community. Rooted in our school values of **belonging, ambition and responsibility**, PSHE provides the knowledge, skills and habits that enable pupils to thrive both now and in the future.

We teach PSHE through a carefully sequenced, evidence-informed curriculum that prioritises emotional safety, positive relationships and personal growth. The *myHappymind* fundamentals are woven throughout, giving pupils a shared language for wellbeing and equipping them with practical strategies to understand their brains, manage emotions, build healthy habits and recognise their strengths. This proactive approach ensures that wellbeing is not an intervention, but a culture.

Our curriculum empowers pupils to:

- develop secure emotional literacy and self-regulation
- build positive, respectful and inclusive relationships
- understand how to stay healthy, safe and ready to learn
- make informed choices and take increasing responsibility for themselves
- celebrate diversity and challenge discrimination
- recognise their strengths, set goals and persevere through challenge

To ensure full coverage of the statutory RSHE requirements, several objectives that do not sit neatly within a single year-group unit are intentionally delivered through a sequenced, age-appropriate model across KS1 and KS2. These objectives are embedded within existing units, buffer weeks, and thematic revisits to ensure progression, accuracy and developmental readiness.

Key Stage 1

Growing & Changing (H25) is taught within the *Ourselves, Growing & Changing* unit in either Year 2, ensuring children develop early understanding of how we grow and what changes over time.

Family Diversity (R13) is introduced within *Families & Positive Close Relationships* in Year 1, supporting children to recognise that families can look different but provide love, care and stability.

Key Stage 2

Puberty and Menstruation (H26, H30) are delivered in Year 4 within *Ourselves, Growing & Changing*, with buffer weeks used to deepen understanding and respond to pupil need.

Hygiene (H31) and **Sun Safety (H32)** are taught within *Healthy Lifestyles* in Years 3.

Substances (H33) is fully covered in the Year 6 *Drugs, Alcohol & Tobacco* unit.

Managing Feelings During Puberty (H34) is addressed in Year 5 within *Ourselves, Growing & Changing* or *Be Your Best*, ensuring emotional literacy develops alongside physical understanding.

Sleep (H45) is taught within *Healthy Lifestyles* in Year 3 & Year 5, supporting children to understand healthy routines.

Family Diversity (R2) is revisited through upper-KS2 relationship units to reinforce inclusive understanding as children mature.

This approach ensures that all statutory objectives are taught in a timely, developmentally appropriate way, while maintaining coherence with the wider PSHE and RSHE curriculum.

Core Theme – Health and Wellbeing

Core Theme – Relationships

Core theme- Living in the Wider World

Long Term Plan

	Autumn 1	Autumn 2	Spring 1		Spring 2	Summer 1	Summer 2
Rec	myHappymind – Meet Your Brain	myHappymind - Celebrate	myHappymind - Appreciate		myHappymind - Relate	myHappymind - Engage	myHappy Body
							myHappy Relationships
	myHappymind - Places						myHappy World
Y1	myHappymind – Meet Your Brain	Showing Respect & Managing Hurtful Behaviour	myHappymind – Appreciate		myHappymind Relate	myHappymind - Engage	Communities
	Places	myHappymind Celebrate	Healthy Lifestyles		Families and Close Relationships	Shared Responsibilities	Ourselves Growing and Changing
Y2	myHappymind – Meet Your Brain	myHappymind - Celebrate	myHappymind – Appreciate		myHappymind Relate	myHappymind - Engage	Economic Wellbeing
	myHappymind - Places		Keeping Safe Media Literacy and Digital Resilience		Friendships	Safe Relationships	Ourselves Growing and Changing
Y3	myHappymind – Meet Your Brain	myHappymind - Celebrate	myHappymind – Appreciate		myHappymind Relate	myHappymind - Engage	Communities
							Shared Responsibilities
	myHappymind - Places		Healthy Lifestyles		Close Positive Relationships		Ourselves Growing and Changin
Y4	myHappymind – Meet Your Brain	Showing Repsect and Managin Hurtful Behaviour	myHappymind – Appreciate		Media Literacy and Digital Resilience	myHappymind - Engage	Economic Wellbeing
	myHappymind - Places	myHappymind - Celebrate	First Aid		myHappymind Relate	Keeping Safe	Ourselves Growing and changing
					Safe Relationships		
Y5	myHappymind – Meet Your Brain	myHappymind - Celebrate	myHappymind – Appreciate		myHappymind Relate	myHappymind - Engage	Economic Wellbeing
	myHappymind - Places		Healthy Lifestyles		Close Positive Relationships		Ourselves Growig and Changing
Y6	myHappymind – Meet Your Brain	Shared Responsibilities	myHappymind Appreciate	First Aid	myHappymind Relate	myHappymind - Engage	Transition Programme
		Showing Respect and Managin Hurtful Behaviour					
	myHappymind - Places	Celebrate Communities	Drugs and Tobacco	Media Literacy	Safe Relationships	myHappymind – Be Your Best	

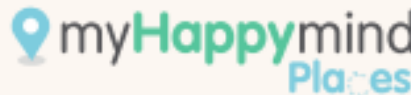
Reception/P1

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 						myHappymind - Relate 						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 						myHappy. body. 		myHappy. relationships 		myHappy. world 					

Year 1/P2

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	myHappymind - Meet Your Brain					myHappymind Places				Showing respect and managing hurtful behaviour	myHappymind - Celebrate					
Spring	myHappymind - Appreciate		Healthy Lifestyles		Buffer	myHappymind - Relate			Families and positive close 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 - Engage			Shared responsibilities	Communities	Ourselves Growing and Changing		Ourselves, Growing and Changing- Transition	Buffer							

Year 2/P3

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 		Keeping Safe 		Media Literacy and Digital Resilience 		myHappymind - Relate 			Friendships 		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 - Engage 			Safe relationships 		Economic Wellbeing 				Ourselves, Growing, and Changing - Transition 		Buffer				

Year 3/P4																
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 Lifestyles		myHappymind - Relate				Friendships	Families and close positive 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		Buffer		Communities	Shared responsibilities	Ourselves, Growing and Changing - Grief	Ourselves, Growing and Changing - Transition	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.

Year 4/P5

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
Autumn	myHappymind - Meet Your Brain 					myHappymind Places 				Showing respect and managing hurtful behaviour 		myHappymind - Celebrate 					
Spring	myHappymind - Appreciate 			First Aid 	Media Literacy and Digital Resilience 	myHappymind - Relate 				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 - Engage 			Keeping Safe 	Buffer	Economic Wellbeing 		Ourselves, Growing- and Changing- Transition 		Buffer							

Year 5/P6

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 Lifestyles 		myHappymind - Relate 			Friendships 	Families and Close Positive 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 				Buffer		Economic Wellbeing 		Ourself, Growing and Changing- Grief 	Ourself, Growing and Changing- Transition 	Buffer					

Year 6/P7																
Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	myHappymind - Meet Your Brain		myHappymind Places			Shared responsibilities		Showing respect and managing hurtful behaviour		myHappymind - Celebrate		Communities		Buffer		
Spring	myHappymind - Appreciate	First Aid	Drugs, Alcohol & Tobacco	Media Literacy and Digital Resilience		myHappymind - Relate		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 - Engage	myHappymind - Be Your Best		Buffer		myHappymind - Transition Programme (2 sessions a week)										

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.