



PHSE Curriculum 2026-2027

Mind up

Life Savers

*SRE

Health and Wellbeing

	AUTUMN	SPRING	SUMMER
EARLY YEARS	Safe and Unsafe (Anti-Bullying) UK democracy (Parliament Week) Mind up! Young Minds Hello Yellow World Mental Health Day Lifesavers	*Explore the wonder of being special and unique (Journey in Love) Mind up! Lifesavers Children's Mental Health Week	Mind up Lifesavers
YEAR 1	Being Different (Anti-Bullying) UK democracy (Parliament Week) Mind up! Young Minds Hello Yellow World Mental Health Day Life Savers	<u>SRE - Journey in Love</u> Focus on family and specially growing up in a loving secure and stable home. Mind up! Lifesavers Children's Mental Health Week	<u>Drug Education</u> Identify how to stay healthy. Explore when and how to take medicines safely. Identify who should be able to give us medicine. Mind up! Lifesavers
YEAR 2	Same and Different (Anti-Bullying) UK democracy (Parliament Week) Mind up! Young Minds Hello Yellow World Mental Health Day Lifesavers	<u>SRE - Journey in Love</u> Describe how we are growing and developing in diverse communities that are God given Mind up! Lifesavers Children's Mental Health Week	<u>Drug Education</u> Explore substances and situations that are safe or unsafe. Identify some hazardous substances. Safety rules for at home and at school Mind up! Lifesavers
YEAR 3	Looking After Others (Anti-Bullying) Councillors -what do they do? (UK	<u>SRE - Journey in Love</u> Describe and give reasons for how	<u>Drug Education</u>

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	democracy -Parliament Week) Mind up! Young Minds Hello Yellow World Mental Health Day Lifesavers	we grow in love, in caring happy friendships where we are secure and safe. Mind up! Lifesavers Children's Mental Health Week	Accidents and Prevention Smoking and its effects. The impact of smoking and passive smoking. Strategies to prevent starting smoking. Mind up! Lifesavers
YEAR 4	Relationship with others (Anti-Bullying) Democracy Simulations (UK Parliament) Mind up! Young Minds Hello Yellow World Mental Health Day Lifesavers	<u>SRE - Journey in Love</u> Make links and connections to show that we are all different. Celebrate the differences as we appreciate that God's love accepts us as we are now and as we change Mind up! Lifesavers Children's Mental Health Week	Mental Health Awareness Week <u>Drug Education</u> The effect alcohol has on the body. Risks related to drinking alcohol. How society limits the drinking of alcohol. Mind up! Lifesavers
YEAR 5	Relationships (Anti-Bullying) Stereotypes and Changing Democracy Simulations (UK Parliament) Mind up! Young Minds Hello Yellow World Mental Health Day Lifesavers	<u>SRE - Journey in Love</u> Show knowledge and understanding of how we grow in awareness of the physical and emotional changes that accompany puberty, sensitivity, mood swing, anger, boredom etc., and grow further in recognising God's presence in our daily lives. Mind up! Lifesavers Children's Mental Health Week	<u>Drug Education</u> Legal and illegal drugs, their risks and effects Attitudes and beliefs about drug use and drug users. Strategies to resist drug. Mind up! Lifesavers Knife crime
YEAR 6	Dilemmas Relationships (Anti-Bullying) Democracy and Decisions (UK Parliament) Mind up! Young Minds Hello Yellow World Mental Health Day Lifesavers	<u>SRE - Journey in Love</u> Develop secure understanding of what caring relationships are and the different kinds there may be. Focussing on Catholic teaching - learn about the conception of a child within marriage.	<u>Drug Education</u> The effects, risks and law relating to cannabis. The risk of volatile substance abuse (VSA) Options for getting help advice and support

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ALL YEAR GROUPS	Unit 1: Getting Focused (Lessons 1-3) Children are taught about the different parts of their brain and how they work. They are taught about "Brain Breaks" and how to do them. Unit 2: Sharpening Your Senses (Lessons 4-9) Children learn about how their senses work, their moving bodies and the way they think.	Unit 3: It's All About Attitude (Lessons 10-12) Children learn how to understand each other and how to be more positive.	Unit 4: Taking Action Mindfully (Lessons 13-15) Children learn to show gratitude and small acts of kindness in and outside of the classroom.