PSHE/RSE Programme of Study - My Happy Mind & CORAM - Cycle A (updated with MHM Plus)

Cycle A	EYFS (Pre-school)	EYFS (Reception)	KS1 (Year 1)	LKS2 (Year 3)	Southworth/Ward (Year 5)	Ward/Woodcock (Year 6 inc transition)
Autumn 1 - 7.4 weeks World MH Day	MHM - Meet your brain - 6 lessons MHM - Places - 1 lesson	MHM - Meet your brain - 3 lessons MHM - Places - 2 lessons	MHM - Meet your brain - 5 lessons MHM - Places - 2 lessons	MHM - Meet your brain - 5 lessons MHM - Places - 2 lessons	MHM - Meet your brain - 5 lessons MHM - Places - 2 lessons	MHM - Meet your brain - 3 lessons MHM - Places - 4 lessons
Autumn 2 - 6.4 weeks Anti-Bullying week/Kindness Day	MHM - Places - 2 lessons MHM - Celebrate - 5 lessons	MHM - Places - 2 lessons MHM - Celebrate - 3 lessons	MHM - Places - 1 lesson MHM - Relationships (Respect) - 1 lesson MHM - Celebrate - 4 lessons	MHM - Places - 1 lesson MHM - Celebrate - 4 lessons MHM - Friendships Ups and Downs MHM - Body (Healthy Lifestyles) - 1 lesson	MHM - Places - 1 lesson MHM - Celebrate - 5 lessons	MHM - World (Shared Responsibilities) - 2 lessons MHM - Relationships (Respect) - 1 lesson MHM - World (Communities) - 1 lesson MHM - Celebrate - 2 lessons
Spring 1 - 6 weeks Children's MH Week/SID	MHM - Appreciate - 4 lessons MHM - PSED 1 & 2 - 2 lessons	MHM - Appreciate - 3 lessons	MHM - Appreciate - 3 lessons MHM - Body (Healthy Lifestyles) - 2 lessons MHM - Keeping Safe (SID)	MHM - Body (Healthy Lifestyles) - 1 lesson MHM - Appreciate - 4 lessons MHM - Keeping Safe (SID)	MHM - Appreciate - 4 lessons MHM - Body (Healthy Lifestyles) - 2 lessons MHM - Friendships On and Offline (SID)	MHM - Appreciate - 2 lessons MHM - Body (First Aid) - 1 lesson MHM - Body (Drugs, Alcohol & Tobacco) - 1 lesson MHM - Online Safety - Images (SID)
Spring 2 - 4.4 weeks	MHM - Relate - 4 lessons MHM - PSED 3 & 4 - 2 lessons	MHM - Relate - 3 lessons	MHM - Relate - 3 lessons MHM - Relationships (Family) - 1 lesson	MHM - Relate - 4 lessons MHM - Relationships (Friendships) - 1 lesson	MHM - Relate - 4 lessons MHM - Relationships (Family) - 1 lesson	MHM - World (Media Literacy) - 2 lessons MHM - Relate - 2 lessons MHM - Relationships (Safe Relationships) - 1 lesson
Summer 1 - 7 weeks	MHM - Engage - 4 lessons CORAM - Taking Care of Myself MHM - PSED 5 & 6 - 2 lessons	MHM - Engage - 3 lessons CORAM - All About Me	MHM - Relationships (Family) - 1 lesson MHM - Engage - 4 lessons CORAM - My Wonderful Body MHM - My Family and Me	MHM - Relationships (Family) - 1 lesson MHM - Learning to Love Difference MHM - Engage - 4 lessons CORAM - Meet the Brain CORAM - (Y4) Time for Change	MHM - Relationships (Friendships) - 1 lesson MHM - Friendships and Secrets MHM - Engage - 4 lessons CORAM - Friends	MHM - Identity and Respect MHM - Engage - 2 lessons MHM - Be Your Best (designed to support SATS) - 5 sessions CORAM - Friends
Summer 2 - 6 weeks	MHM - PSED 7 - 1 lesson MHM - Ready to Shine - 5 lessons	MHM - My Happy Body - 2 lessons MHM - My Happy Relationships - 2 lessons MHM - My Happy World - 2 lessons	MHM - Exploring Feelings MHM - World (Shared Responsibilities) - 1 lesson MHM - World (Communities) - 1 lesson MHM - Body (Ourselves, Growing and Changing) - 2 lessons MHM - Body (Transition) - 1 lesson	MHM - Getting Along with our Families MHM - World (Communities) - 1 lesson MHM - World (Shared Responsibilities) - 1 lesson MHM - Body (Ourselves, Growing and Changing) - 1 lesson MHM - Body (Transition) - 1 lesson	MHM - Peer Pressure MHM - World (Economic Wellbeing) - 3 lessons MHM - Body (Ourselves, Growing and Changing) - 1 lesson MHM - Body (Transition) - 1 lesson	MHM - Discrimination and the Law MHM - Transition programme (to be delivered twice a week) - 12 sessions

St Mary's & St Benedict's RC Primary School

PSHE/RSE Programme of Study - My Happy Mind & CORAM - Cycle B (updated with MHM Plus)

Cycle B	EYFS (Pre-school)	EYFS (Reception)	KS1 (Year 2)	LKS2 (Year 4)	Southworth/Ward (Year 5)	Ward/Woodcock (Year 6 inc. transition)
Autumn 1 - 7 weeks World MH Day	MHM - Meet your brain - 6 lessons MHM - Places - 1 lesson	MHM - Meet your brain - 3 lessons MHM - Places - 2 lessons	MHM - Meet your brain - 5 lessons MHM - Places - 2 lessons	MHM - Meet your brain - 5 lessons MHM - Places - 2 lessons	MHM - Meet your brain - 5 lessons MHM - Places - 2 lessons	MHM - Meet your brain - 3 lessons MHM - Places - 4 lessons
Autumn 2 - 6 weeks Anti-Bullying week/Kindness Day	MHM - Places - 2 lessons MHM - Celebrate - 5 lessons	MHM - Places - 2 lessons MHM - Celebrate - 3 lessons	MHM - Places - 2 lessons MHM - Celebrate - 4 lessons MHM - Fabulous Friendships	MHM - Places - 1 lesson MHM - Relationships (Respect) - 1 lesson MHM - Celebrate - 4 lessons	MHM - Places - 1 lesson MHM - Celebrate - 5 lessons	MHM - World (Shared Responsibilities) - 2 lessons MHM - Relationships (Respect) - 1 lesson MHM - World (Communities) - 1 lesson MHM - Celebrate - 2 lessons
Spring 1 - 6 weeks Children's MH Week/SID	MHM - Appreciate - 4 lessons MHM - PSED 1 & 2 - 2 lessons	MHM - Appreciate - 3 lessons	MHM - Appreciate - 3 lessons MHM - Body (Keeping Safe) - 2 lessons MHM - Keeping Safe (SID)	MHM - Appreciate - 4 lessons MHM - Body (First Aid) - 1 lesson MHM - Keeping Safe (SID)	MHM - Appreciate - 4 lessons MHM - Body (Healthy Lifestyles) - 2 lessons MHM - Friendships On and Offline (SID)	MHM - Appreciate - 2 lessons MHM - Body (First Aid) - 1 lesson MHM - Body (Drugs, Alcohol & Tobacco) - 1 lesson MHM - Online Safety - Images (SID)
Spring 2 - 6 weeks	MHM - Relate - 4 lessons MHM - PSED 3 & 4 - 2 lessons	MHM - Relate - 3 lessons	MHM - World (Media Literacy) - 1 lesson MHM - Relate - 4 lessons MHM - Relationships (Friendships) - 1 lesson	MHM - World (Media Literacy) - 1 lesson MHM - Relate - 4 lessons MHM - Relationships (Safe Relationships) - 1 lesson	MHM - Relate - 4 lessons MHM - Relationships (Family) - 1 lesson	MHM - World (Media Literacy) - 2 lessons MHM - Relate - 2 lessons MHM - Relationships (Safe Relationships) - 1 lesson
Summer 1 - 7 weeks	MHM - Engage - 4 lessons CORAM - Taking Care of Myself MHM - PSED 5 & 6 - 2 lessons	MHM - Engage - 3 lessons CORAM - All About Me	MHM - Relationships (Friendships) - 1 lesson MHM - Engage - 4 lessons CORAM - Feelings	MHM - Families in the Wider World MHM - Engage - 4 lessons CORAM - Its Great to be Me CORAM - (Y4) Time for Change	MHM - Relationships (Friendships) - 1 lesson MHM - Friendships and Secrets MHM - Engage - 4 lessons CORAM - Decisions	MHM - Identity and Respect MHM - Engage - 2 lessons MHM - Be Your Best (designed to support SATS) - 5 sessions CORAM - Decisions
Summer 2 - 6 weeks	MHM - PSED 7 - 1 lesson MHM - Ready to Shine - 5 lessons	MHM - My Happy Body - 2 lessons MHM - My Happy Relationships - 2 lessons MHM - My Happy World - 2 lessons	MHM - Relationships (Safe Relationships) - 2 lessons MHM - World (Economic Wellbeing) - 2 lessons MHM - Body (Transition) - 1 lesson	MHM - All About Me MHM - Body (Keeping Safe) - 1 lesson MHM - World (Economic Wellbeing) - 3 lessons MHM - Body (Transition) - 1 lesson	MHM - Peer Pressure MHM - World (Economic Wellbeing) - 3 lessons MHM - Body (Ourselves, Growing and Changing) - 1 lesson MHM - Body (Transition) - 1 lesson	MHM - Discrimination and the Law MHM - Transition programme (to be delivered twice a week) - 12 sessions

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