Bay Primary School

'MyHappymind' PHSE/RSE Curriculum Overview

Year 1	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Aut 1	myHappymind ***Meet Your Brain*** Lesson 1	myHappymind ***Meet Your Brain*** Lesson 2	myHappymind ***Meet Your Brain*** Lesson 3	myHappymind ***Meet Your Brain*** Lesson 4	myHappymind ***Meet Your Brain*** Lesson 5	myHappymind ***Places***	myHappy mind ***Places***
Aut 2	myHappymind ***Places***	myHappymind ***Places***	myHappyrelationships***Showing respect and managing hurtful behaviour*** Lesson 1	myHappymind ***Celebrate*** Lesson 1	myHappymind ***Celebrate*** Lesson 2	myHappymind ***Celebrate*** Lesson 3	myHappy mind ***Celebrate*** Lesson 4
Spr 1	myHappymind ***Appreciate*** Lesson 1	myHappymind ***Appreciate*** Lesson 2	myHappymind ***Appreciate*** Lesson 3	myHappybody ***Healthy Lifestyles*** Lesson 1	myHappybody ***Healthy Lifestyles*** Lesson 2	Buffer	
Spr 2	myHappymind ***Relate*** Lesson 1	myHappymind ***Relate*** Lesson 2	myHappymind ***Relate*** Lesson 3	myHappyrelationships ***Families and Close Positive Relationships*** Lesson 1	myHappyrelationships ***Families and Close Positive Relationships*** Lesson 2		
Sum 1	myHappymind ***Engage*** Lesson 1	myHappymind ***Engage*** Lesson 2	myHappymind ***Engage*** Lesson 3	myHappymind ***Engage*** Lesson 4	myHappyworld ***Shared Responsibilities*** Lesson 1	myHappyworld ***Communities*** Lesson 1	
Sum 2	myHappybody ***Ourselves, growing and changing*** Lesson 1	myHappybody ***Ourselves, growing and changing*** Lesson 2	myHappybody ***Ourselves, growing and changing*** Lesson 3 (transition)	Buffer	Buffer	Buffer	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.

Anything shaded in green can be found on the website under 'Weekly Lessons' – Year 1.

myHappymind Places can be found on the website under 'Whole School Resources' – KS1 myHappymind places lessons.

All other shaded units, can be found at the bottom of your website dashboard under myHappymind Plus and the relevant KS1 myHappybody, myHappyrelationships or myHappyworld tab.

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'MyHappymind' PHSE/RSE Curriculum Overview

Year 2	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Aut 1	myHappymind ***Meet Your Brain*** Lesson 1	myHappymind ***Meet Your Brain*** Lesson 2	myHappymind ***Meet Your Brain*** Lesson 3	myHappymind ***Meet Your Brain*** Lesson 4	myHappymind ***Meet Your Brain*** Lesson 5	myHappymind ***Places***	myHappymind ***Places***
Aut 2	myHappymind ***Places***	myHappymind ***Places***	myHappymind ***Celebrate*** Lesson 1	myHappymind ***Celebrate*** Lesson 2	myHappymind ***Celebrate*** Lesson 3	myHappymind ***Celebrate*** Lesson 4	Buffer
Spr 1	myHappymind ***Appreciate*** Lesson 1	myHappymind ***Appreciate*** Lesson 2	myHappymind ***Appreciate*** Lesson 3	myHappybody ***Keeping Safe*** Lesson 1	myHappybody ***Keeping Safe*** Lesson 1	myHappyworld ***Media Literacy and Digital Resilience*** Lesson 1	
Spr 2	myHappymind ***Relate*** Lesson 1	myHappymind ***Relate*** Lesson 2	myHappymind ***Relate*** Lesson 3	myHappyrelationships ***Friendships*** Lesson 1	myHappyrelationships ***Friendships*** Lesson 2		
Sum 1	myHappymind ***Engage*** Lesson 1	myHappymind ***Engage*** Lesson 2	myHappymind ***Engage*** Lesson 3	myHappymind ***Engage*** Lesson 4	myHappyrelationships ***Safe Relationships*** Lesson 1	myHappyrelationships ***Safe Relationships*** Lesson 2	
Sum 2	myHappyworld ***Economic Wellbeing*** Lesson 1	myHappyworld ***Economic Wellbeing*** Lesson 2	myHappyworld ***Economic Wellbeing*** Lesson 3	myHappybody ***Ourselves, growing and changing*** Lesson 1 (transition)	Buffer	Buffer	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.

Anything shaded in green can be found on the website under 'Weekly Lessons' – Year 2.

myHappymind Places can be found on the website under 'Whole School Resources' – KS1 myHappymind places lessons.

All other shaded units, can be found at the bottom of your website dashboard under myHappymind Plus and the relevant KS1 myHappybody, myHappyrelationships or myHappyworld tab.

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'MyHappymind' PHSE/RSE Curriculum Overview

Year 3	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Aut 1	myHappymind ***Meet Your Brain*** Lesson 1	myHappymind ***Meet Your Brain*** Lesson 2	myHappymind ***Meet Your Brain*** Lesson 3	myHappymind ***Meet Your Brain*** Lesson 4	myHappymind ***Meet Your Brain*** Lesson 5	myHappymind ***Places***	myHappymind ***Places***
Aut 2	myHappymind ***Places***	myHappymind ***Places***	myHappymind ***Celebrate*** Lesson 1	myHappymind ***Celebrate*** Lesson 2	myHappymind ***Celebrate*** Lesson 3	myHappymind ***Celebrate*** Lesson 4	Buffer
Spr 1	myHappymind ***Appreciate*** Lesson 1	myHappymind ***Appreciate*** Lesson 2	myHappymind ***Appreciate*** Lesson 3	myHappymind ***Appreciate*** Lesson 4	myHappybody ***Healthy Lifestyle*** Lesson 1	myHappybody ***Healthy Lifestyle*** Lesson 2	
Spr 2	myHappymind ***Relate*** Lesson 1	myHappymind ***Relate*** Lesson 2	myHappymind ***Relate*** Lesson 3	myHappymind ***Relate*** Lesson 4	myHappyrelationships ***Friendships*** Lesson 1		
Sum 1	myHappyrelationships ***Families and Close Positive Relationships*** Lesson 1	myHappymind ***Engage*** Lesson 1	myHappymind ***Engage*** Lesson 2	myHappymind ***Engage*** Lesson 3	myHappymind ***Engage*** Lesson 4	Buffer	
Sum 2	myHappyworld ***Communities*** Lesson 1	myHappyworld ***Shared Responsibilities*** Lesson 1	myHappybody ***Ourselves, growing and changing*** Lesson 1 (grief)	myHappybody ***Ourselves, growing and changing*** Lesson 2 (transition)	Buffer	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.

Anything shaded in green can be found on the website under 'Weekly Lessons' – Year 3.

myHappymind Places can be found on the website under 'Whole School Resources' – KS2 myHappymind places lessons.

All other shaded units, can be found at the bottom of your website dashboard under myHappymind Plus and the relevant LKS2 myHappybody, myHappyrelationships or myHappyworld tab.

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'MyHappymind' PHSE/RSE Curriculum Overview

Year 4	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Aut 1	myHappymind ***Meet Your Brain*** Lesson 1	myHappymind ***Meet Your Brain*** Lesson 2	myHappymind ***Meet Your Brain*** Lesson 3	myHappymind ***Meet Your Brain*** Lesson 4	myHappymind ***Meet Your Brain*** Lesson 5	myHappymind ***Places***	myHappymind ***Places***
Aut 2	myHappymind ***Places***	myHappymind ***Places***	myHappyrelationships***Showing respect and managing hurtful behaviour*** Lesson 1	myHappymind ***Celebrate*** Lesson 1	myHappymind ***Celebrate*** Lesson 2	myHappymind ***Celebrate*** Lesson 3	myHappymind ***Celebrate*** Lesson 4
Spr 1	myHappymind ***Appreciate*** Lesson 1	myHappymind ***Appreciate*** Lesson 2	myHappymind ***Appreciate*** Lesson 3	myHappymind ***Appreciate*** Lesson 4	myHappybody ***First Aid*** Lesson 1	myHappyworld ***Media Literacy and Digital Resilience*** Lesson 1	
Spr 2	myHappymind ***Relate*** Lesson 1	myHappymind ***Relate*** Lesson 2	myHappymind ***Relate*** Lesson 3	myHappymind ***Relate*** Lesson 4	myHappyrelationships ***Safe Relationships*** Lesson 1		
Sum 1	myHappymind ***Engage*** Lesson 1	myHappymind ***Engage*** Lesson 2	myHappymind ***Engage*** Lesson 3	myHappymind ***Engage*** Lesson 4	myHappybody ***Keeping Safe*** Lesson 1	Buffer	
Sum 2	myHappyworld ***Economic Wellbeing*** Lesson 1	myHappyworld ***Economic Wellbeing*** Lesson 2	myHappyworld ***Economic Wellbeing*** Lesson 3	myHappybody ***Ourselves, growing and changing*** Lesson 1 (transition)	Buffer	Buffer	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.

Anything shaded in green can be found on the website under 'Weekly Lessons' – Year 4.

myHappymind Places can be found on the website under 'Whole School Resources' – KS2 myHappymind places lessons.

All other shaded units, can be found at the bottom of your website dashboard under myHappymind Plus and the relevant LKS2 myHappybody, myHappyrelationships or myHappyworld tab.

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'MyHappymind' PHSE/RSE Curriculum Overview

Year 5	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Aut 1	myHappymind ***Meet Your Brain*** Lesson 1	myHappymind ***Meet Your Brain*** Lesson 2	myHappymind ***Meet Your Brain*** Lesson 3	myHappymind ***Meet Your Brain*** Lesson 4	myHappymind ***Meet Your Brain*** Lesson 5	myHappymind ***Places***	myHappymind ***Places***
Aut 2	myHappymind ***Places***	myHappymind ***Places***	myHappymind ***Celebrate*** Lesson 1	myHappymind ***Celebrate*** Lesson 2	myHappymind ***Celebrate*** Lesson 3	myHappymind ***Celebrate*** Lesson 4	myHappymind ***Celebrate*** Lesson 5
Spr 1	myHappymind ***Appreciate*** Lesson 1	myHappymind ***Appreciate*** Lesson 2	myHappymind ***Appreciate*** Lesson 3	myHappymind ***Appreciate*** Lesson 4	myHappybody ***Healthy Lifestyle*** Lesson 1	myHappybody ***Healthy Lifestyle*** Lesson 2	
Spr 2	myHappymind ***Relate*** Lesson 1	myHappymind ***Relate*** Lesson 2	myHappymind ***Relate*** Lesson 3	myHappymind ***Relate*** Lesson 4	myHappyrelationships ***Friendships*** Lesson 1		
Sum 1	myHappyrelationships ***Families and close positive relationships*** Lesson 1	myHappymind ***Engage*** Lesson 1	myHappymind ***Engage*** Lesson 2	myHappymind ***Engage*** Lesson 3	myHappymind ***Engage*** Lesson 4	Buffer	
Sum 2	myHappyworld ***Economic Wellbeing*** Lesson 1	myHappyworld ***Economic Wellbeing*** Lesson 2	myHappyworld ***Economic Wellbeing*** Lesson 3	myHappyworld ***Economic Wellbeing*** Lesson 4	myHappybody ***Ourselves, growing and changing*** Lesson 1 (grief)	myHappybody ***Ourselves, growing and changing*** Lesson 2 (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.

Anything shaded in green can be found on the website under 'Weekly Lessons' – Year 5.

myHappymind Places can be found on the website under 'Whole School Resources' – KS2 myHappymind places lessons.

All other shaded units, can be found at the bottom of your website dashboard under myHappymind Plus and the relevant UKS2 myHappybody, myHappyrelationships or myHappyworld tab.

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'MyHappymind' PHSE/RSE Curriculum Overview

Year 6	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Aut 1	myHappymind ***Meet Your Brain*** Lesson 1	myHappymind ***Meet Your Brain*** Lesson 2	myHappymind ***Meet Your Brain*** Lesson 3	myHappymind ***Places***	myHappymind ***Places***	myHappymind ***Places***	myHappymind ***Places***
Aut 2	myHappyworld ***Shared Responsibilities*** Lesson 1	myHappyworld ***Shared Responsibilities*** Lesson 2	myHappyworld ***Communities*** Lesson 1	myHappyrelationships ***Showing respect and managing hurtful behaviour*** Lesson 1	myHappymind ***Celebrate*** Lesson 1	myHappymind ***Celebrate*** Lesson 2	Buffer
Spr 1	myHappymind ***Appreciate*** Lesson 1	myHappymind ***Appreciate*** Lesson 2	myHappybody ***First Aid*** Lesson 1	myHappybody ***Drugs, Alcohol & Tobacco*** Lesson 1	myHappyworld ***Media Literacy and Digital Resilience*** Lesson 1	myHappyworld ***Media Literacy and Digital Resilience*** Lesson 2	
Spr 2	myHappymind ***Relate*** Lesson 1	myHappymind ***Relate*** Lesson 2	myHappyrelationships ***Safe Relationships*** Lesson 1	Buffer	Buffer		
Sum 1	myHappymind ***Engage*** Lesson 1	myHappymind ***Engage*** Lesson 2	myHappymind ***Be Your Best*** Lesson 1	myHappymind ***Be Your Best*** Lesson 2	myHappymind ***Be Your Best*** Lesson 3	Buffer	
Sum 2	myHappymind Transition ***Meet Your Brain*** Lesson 1 and 2	myHappymind Transition ***Meet Your Brain*** Lesson 3 ***Celebrate*** Lesson 1	myHappymind Transition ***Celebrate*** Lesson 2 and 3	myHappymind Transition ***Appreciate*** Lesson 1 and 2	myHappymind Transition ***Relate*** Lesson 1 and 2	myHappymind Transition ***Engage*** Lesson 1 and 2	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.

Anything shaded in green can be found on the website under 'Weekly Lessons' – Year 6 and Year 6 Transition.

myHappymind Places can be found on the website under 'Whole School Resources' – KS2 myHappymind places lessons.

All other shaded units, can be found at the bottom of your website dashboard under myHappymind Plus and the relevant UKS2 myHappybody, myHappyrelationships or myHappyworld tab.

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'MyHappymind' PHSE/RSE Curriculum Overview

EYFS	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Aut 1	myHappymind ***Meet Your Brain*** Lesson 1	myHappymind ***Meet Your Brain*** Lesson 2	myHappymind ***Meet Your Brain*** Lesson 3	myHappymind ***Meet Your Brain*** Lesson 4	myHappymind ***Meet Your Brain*** Lesson 5	myHappymind ***Meet Your Brain*** Lesson 6	myHappy mind ***Places***
Aut 2	myHappymind ***Places***	myHappymind ***Places***	myHappymind ***Celebrate*** Lesson 1	myHappymind ***Celebrate*** Lesson 2	myHappymind ***Celebrate*** Lesson 3	myHappymind ***Celebrate*** Lesson 4	myHappy mind ***Celebrate*** Lesson 5
Spr 1	myHappymind ***Appreciate*** Lesson 1	myHappymind ***Appreciate*** Lesson 2	myHappymind ***Appreciate*** Lesson 3	myHappymind ***Appreciate*** Lesson 4	myHappymind ***Appreciate*** Lesson 5	myHappymind ***Appreciate*** Lesson 6	
Spr 2	myHappymind ***Relate*** Lesson 1	myHappymind ***Relate*** Lesson 2	myHappymind ***Relate*** Lesson 3	myHappymind ***Relate*** Lesson 4	myHappymind ***Relate*** Lesson 5		
Sum 1	myHappymind ***Relate*** Lesson 6	myHappymind ***Engage*** Lesson 1	myHappymind ***Engage*** Lesson 2	myHappymind ***Engage*** Lesson 3	myHappymind ***Engage*** Lesson 4	myHappymind ***Engage*** Lesson 5	
Sum 2	myHappymind ***Engage*** Lesson 6	myHappybody Lesson 1	myHappybody Lesson 2	myHappyrelationships Lesson 1	myHappyrelationships Lesson 2	myHappyworld Lesson 1	myHappy world Lesson 2

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.

Anything shaded in green can be found on the website under 'Weekly Lessons' – Early Years - Reception.

myHappymind Places can be found on the website under 'Whole School Resources' – EYFS places lessons.

All other shaded units, can be found at the bottom of your website dashboard under myHappymind Plus and the relevant EYFS myHappybody, myHappyrelationships or myHappyworld tab.