



OLSB RHE and Mind Up Curriculum

Nursery

Mind Up Day 1 (first week back)	Class rules / Rights and Responsibilities Nursery – Introduction to brain breaks. Getting Focussed – Session 1 - How the Brain works							
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
<u>Autumn 1:</u>	Children not in due to change for insets.	Mind Up recap on Brain breaks. Continue to practice.	Travelwise Week – Active Travel public transport usage.	Recap How the Brain works session.	Getting Focussed – Session 2 – Mindful awareness	Getting Focussed – Session 2 – Mindful awareness	Black History Month	Money / Financial awareness.
<u>Autumn 2</u> <u>Ten:Ten</u> —	World Kindness	Anti-bullying week (Assembly World Kindness Day).	Uk Parliament Week. COP31 (In a literacy session).	Road Safety.	Module 1 unit 1 story sessions handmade with love.	Getting Focussed Session 3 – The core practise of controlling your breathing Part 1	Getting Focussed Session 3 – The core practise of controlling your breathing Part 2	



					International Day of Persons with Disabilities			
Mind Up Day	Sharpening your senses -Session 4 – Mindful listening Sharpening your senses Session 5 – Mindful seeing							
<u>Spring 1</u> <u>Ten:Ten</u> – <u>Mind Up</u> =	Module 2 created to love others unit 1 – role models	Module 2 created to love others unit 1 – role models	Module 2 unit 2 session 1 who's who/	Safer Internet	Children's Mental Health Week:	Racial Justice day		
<u>Spring 2</u> <u>Ten:Ten</u> – <u>Mind Up</u> =	Module 2 Unit 2 session 2 – You've got a friend in me.	Vocations: Careers and aspirations.	Big Walk and Wheel – promoting walking,	Great British Spring Clean Week also link to recycling Day	Module 2 Unit 2 session 3 – Forever Friends			



			scooter and cycling to school.					
<u>Summer 1</u> <u>Ten:Ten</u> – <u>Mind Up</u> =	Module 2 unit 3 session 1 what is the internet?	Mind Up Sharpening your senses Session 6 Mindful smelling and Session 7 Mindful Tasting	Module 2 unit 3 session 2 playing online. Earth Day Assembly	Module 2 unit 4 Session 1 Safe inside and out	Module 2 unit 4 Session 2 – My body My rules	Module 2 unit 4 Session 3 – Feeling Poorly	Module 2 unit 4 session 4 – People who help us.	
<u>Summer 2</u> <u>Ten:Ten</u> – <u>Mind Up</u> =	Water safety Week	Clean Air Day	Module 3 unit 1 session 1 God is Love Session 2 – Loving God Loving others	National Rail Safety Week.	Module 3 unit 2 – session 1 Me, you, Us.	Mind Up- Sharpening your senses Session 9 Mindful Movement 1 and 2		



Reception

Mind Up	Class Rules Rights and Responsibilities Getting Focussed – Session 1 - How the Brain works Getting Focussed – Session 2 – Mindful awareness							
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Autumn 1: <u>Ten:Ten –</u>	Children not in due to change in inset days.	Getting Focussed - Session 3 – The core practise of controlling your breathing.	Travel Wise – promoting active travel, cycling, scootering or walking to school.	Getting Focussed - Session 3 – The core practise of controlling your breathing. Continue the session from week 2.	Money / Financial awareness.	World Mental Health Day.	Session 4 Mindful Listening.	Black History Month
Autumn 2 <u>Ten:Ten –</u>	World Kindness	Anti bullying Week.	UK Parliament Week	Road Safety	International Day of Persons with Disabilities.	Module 1 unit 1- Handmade with love.	Module 1 unit 1- Handmade with love.	

		World Kindness Day Assembly.	Cop 31 (complete in Literacy lesson).					
<u>Spring 1</u> <u>Ten:Ten –</u> <u>Mind Up –</u>	Module 1 unit 2 session 1 – I am me	Module 1 unit 2 session 2 – Heads, shoulders knees and toes	Module 1 unit 2 – session 3 Ready Teddy? + Classroom shorts.	Internet Safety	Children’s mental Health Week.	Racial Justice Day. Safer Internet Day assembly.		



<u>Spring 2</u> <u>Ten:Ten –</u> <u>Mind Up –</u>	Mind Up - Sharpening your senses Session 5 – Mindful seeing	Vocations: Careers and Aspirations	Module 1 unit 3 session 1 – I like, you like, we all like.	Module 1 unit 3 session 2 – all the feelings.	Module 1 unit 3 session 3 Let's get real.			
<u>Summer 1</u> <u>Ten:Ten –</u> <u>Mind Up –</u>	Mind Up Sharpening your senses Session 6 Mindful smelling	Module 1 unit 4 session 1 growing up.	Module 3 unit 1 session 1 God is Love.	Module 3 unit 1 session 2 – Loving God, Loving others.	Module 3 unit 2 session 1 – Me, you, Us.	Sustainability World Bee Day		
<u>Summer 2</u> <u>Ten:Ten –</u> <u>Mind Up –</u>	Water safety Week	Clean Air Day	Mind Up Sharpening your senses Session 7 Mindful tasting	National Rail Safety	Mind Up- Sharpening your senses Session 8 and 9 Mindful Movement 1	Mind Up- Sharpening your senses Session 8 and 9 Mindful Movement 2		



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Year 1

Mind Up Day	Class Rules Rights and Responsibilities. Getting Focussed – Session 1 - How the Brain works Getting Focussed – Session 2 – Mindful awareness							
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
<u>Autumn 1:</u> <u>Ten:Ten –</u> <u>Other</u> <u>PSHE</u> <u>coverage</u>	Children not in due to inset day changes.	Getting Focussed - Session 3 – The core practise of controlling your breathing	Travelwise – active Travel.	Sharpening your senses - Session 4 – Mindful listening.	Module 1,unit 1 – Story sessions Let the Children come.	World Mental Health Day.	Session 5 – Mindful seeing	Black History Month
<u>Autumn 2</u> <u>Ten:Ten –</u> <u>ind Up –</u>	World Kindness Day	Anti-bullying week World Kindness Day assembly.	UK Parliament Week COP 31 (IN literacy session).	Road Safety Week	International Day of Persons with Disabilities	Module 2 unit 1 – session 1 God Loves you.	Online Safety Lesson 2 – safe image searching.	



<u>Spring 1</u> <u>Ten:Ten</u> – <u>Mind Up</u> –	Module 2 unit 2 – session 1 special people + classroom shorts.	Module 2 unit 2 – session 2 – Treat Others well.	Module 2 unit 2 – session 3 – and say sorry.	Module 2 unit 4 – session Good and bad secrets.	Children’s Mental Health	Racial Justice Day Safer Internet Day Assembly		
<u>Spring 2</u> <u>Ten:Ten</u> – <u>Mind Up</u> –	Module 2 unit 4 – session 2 physical contact.	Vocations: Careers and Aspirations.	Online safety Lesson 4 – My personal information. Discussion linked to Walk to school project. Big Walk and Walk and Wheel – promoting walking, cycling and	Great British Spring Clean also link to recycling day	Module 2 unit 4 Session 3 harmful substances			

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Year 2

	Class Rules / Rights and Responsibilities Getting Focussed – Session 1 - How the Brain works Getting Focussed – Session 2 – Mindful awareness							
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
<u>Autumn 1:</u> <u>Ten:Ten –</u> <u>Mind Up –</u>	Children not in due to inset changes.	Sharpening your senses Session 6 Mindful smelling	Travel Wise – promoting active travel, cycling, scootering or walking to school.	Sharpening your senses Session 7 Mindful tasting	Money / Financial awareness	World Mental Health Day	Black History Month	Mindful Movement 1
<u>Autumn 2</u> <u>Ten:Ten –</u> <u>Mind Up –</u>	Mindful Movement 2 World Kindness day	Anti-bullying week Assembly World Kindness Day	UK Parliament Week. COP31 (In a literacy session).	Road Safety Week.	International Day of Persons with Disabilities	Module 1 – unit 1 story sessions let the children come.	Online Safety Lesson 2 – key words.	



							Complete in a PE Warm up session Mind Up- Sharpening your senses Session 9 Mindful movement 2 (recap)	
<u>Spring 1</u> <u>Ten:Ten – Mind Up –</u>	Module 1 unit 2 session 1 I AM UNIQUE.	Module 1 unit 2 session 2 Girls and Boys	Module 1 unit 2 session 3 – Clean and healthy my body, + classroom shorts.	Module 1 unit 2 session 4 – Clean and healthy my body, + classroom shorts. (over two sessions)	Children's mental health week	Racial Justice Day. Safer Internet Assembly.		
<u>Spring 2</u> <u>Ten:Ten – Mind Up –</u>	Module 1 unit 3 session 1 – Feelings, likes and dislikes	Vocations and Careers aspirations.	Online Safety Lesson 4 – Rate and Review.	Great British spring Clean Week also link to recycling day	Module 1 unit 3 session 2 – Feeling inside out.			
<u>Summer 1</u> <u>Ten:Ten – Mind Up –</u>	Module 1 unit 3 session 3 – Super Susie gets angry.	Module 1 unit 4 session 1 – The Cycle of life.	Module 1 unit 4 session 2 – Beginnings and endings.	Module 2 unit 3 session 1 – real life online	Module 2 unit 3 session 3 – rules to help us.	Module 3 unit 1 session 1 – Three in one.	Module 3 unit 1 session 2 – who is my neighbour	



			Earth Day Assembly					
<u>Summer 2</u> <u>Ten:Ten</u> – <u>Mind Up –</u>	Water Safety Week.	Clean Air Day	Mind Up Taking action mindfully Session 13 Expressing Gratitude .Mind Up Taking action mindfully Session 14 Performing Acts of Kindness Mind Up Taking action mindfully Session 15 Taking mindful action in the world	National Rail Safety Week.	Module 3 unit 2 session 1 the communities we live in.	Online Safety Lesson 6 – Cyber snakes and ladders.		



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Year 3

Mind Up Day 1	Class Rules Rights, responsibilities / class charter – display within the class. Getting Focussed – Session 1 - How the Brain works Getting Focussed – Session 2 – Mindful awareness Getting Focussed Session 3 – The core practise of controlling your breathing							
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Autumn 1: <u>Ten:Ten</u> –	Children not in due to inset day changes.	Sharpening your senses - Session 4 – Mindful listening	Sharpening your senses Session 5 – Mindful seeing	Money / Financial Awareness	Mind Up – Sharpening your senses Session 8 Mindful movement 1	World Mental Health Day	Black History Month	Module 1 unit 1 story sessions Get Up!
Autumn 2 <u>Ten:Ten</u> – <u>Mind Up</u> – Sharpening your senses	World Kindness Day	Anti-bullying week	UK Parliament Week.	Module 1 unit 1 session 2 The Sacraments	International Day of Persons with Disabilities Assembly	Online Safety – Lesson 2 To buy or not to buy.	Module 2 unit 1 story sessions Jesus My Friend.	



		Assembly World Kindness Day	COP 31 (In a literacy session).					
<u>Spring 1</u> <u>Ten:Ten –</u> <u>Mind Up –</u>	Module 2 unit 2 Session 1 Family, friends and others + classroom shorts.	Module 2 unit 2 session 2 When things feel bad.	Module 2 unit 2 session 3 Balancing Needs.	Module 2 unit 3 session 1 sharing online.	Children’s Mental Health week.	Racial Justice Day.		
						Safer Internet Day – Assembly.		
<u>Spring 2</u> <u>Ten:Ten –</u> <u>Mind Up –</u>	Module 2 unit 3 session 2 chatting online. (PE Session recap) Mind Up – Sharpening your senses Session 8	Vocations, careers and aspirations,	Online Safety Lesson 4 – Emailing.	Great British Spring Clean week also link to recycling day 18 th March.	Saving Water (Linked to Y3 class sustainability). (Water day 22 nd March)			



	Mindful movement 1							
<u>Summer 1</u> <u>Ten:Ten –</u> <u>Mind Up –</u>	Module 2 unit 4 session 1 safe in my body.	Module 2 unit 4 session 2 recognising risk.	Module 2 unit 4 session 3 – Drugs, alcohol, tobacco.	Module 2 unit 4 session 4 First Aid Heroes	Module 3 unit 1 session 1 a community of love.	Module 3 unit 1 session 2 what is the church?	Mind Up Its all about attitude Session 10 Perspective Taking. Mind Up Its all about attitude Session 11 Choosing optimism	
<u>Summer 2</u> <u>Ten:Ten –</u> <u>Mind Up –</u>	Water Safety Week.	Clean Air Day	Online Safety Lesson 6 – Party Planners.	National Rail Safety week.	Mind Up lesson 12 appreciating Happy Experiences	Module 2 unit 2 session 1 How do I love others?		



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Year 4

Mind Up	Class Rules. Rights, responsibilities Getting Focussed – Session 1 - How the Brain works Getting Focussed – Session 2 – Mindful awareness							
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
<u>Autumn 1:</u> <u>Ten:Ten –</u>	Children not in due to inset changes.	Sharpening your senses Session 6 Mindful smelling	Travelwise Active travel public Transport usage.	Sharpening your senses Session 7 Mindful tasting	Sharpening your senses Session 9 Mindful Movement 1	World mental Health Day.	Black History Month	Financial / money
<u>Autumn 2</u> <u>Ten:Ten –</u> <u>Mind Up –</u>	Module 1 unit 1 story sessions get up.	Anti-bullying week	UK Parliament Week.	Road Safety	International Day of Persons with Disabilities.		Online Safety – Lesson 2 Super searchers	

		Assembly to link to World Kindness Day.	COP 31(In a literacy session).					
<u>Spring 1</u> <u>Ten:Ten –</u> <u>Mind Up –</u>	Module 1 unit 2 session 1 – we don't have to be the same.	Module 1 unit 2 session 2 – respecting our bodies + classroom shorts.	Module 1 unit 2 session 3 – what is puberty?	Module 1 unit 2 session 4 – changing bodies Session 5 Girls / Boys discussion groups (discussion only, no recording in books).	Children's Mental Health week.	Racial Justice Day Palm Oil Day (Links to The Rainforst work in summer 2 – use literacy session). Safer Internet Day Assembly.		



<u>Spring 2</u> <u>Ten:Ten –</u> <u>Mind Up</u>	<u>Online Safety</u> - Lesson 4 Too much information.	Vocations: Careers and Aspirations	Module1 Unit 3 session 1 – What am I feeling? + classroom shorts.	Big Walk and Wheel week.	Module 1 unit 3 session 2 what am I looking at?			
<u>Summer 1</u> <u>Ten:Ten –</u> <u>Mind Up –</u>	Module 1 unit 3 session 3 I am thankful.	Module 1 unit 4 session 1 life cycles	Mind Up Taking action mindfully Mind Up Session 13 Expressing Gratitude Mind Up Session 14	Module 1 unit 4 session 2 a time for everything.	Module 3 unit 1 session 1 a community of love.	Module 3 unit 1 session 2 – what is church?	Module 3 unit 2 session 1 – How do I love others?	
<u>Summer 2</u> <u>Ten:Ten –</u> <u>Mind Up –</u>	Water Safety Week	Clean Air Day	World Rainforest Day (Link to	National Rail Safety Week.	<u>Online Safety –</u> Lesson 6 Cyber Superheroes	Mind Up 15 Acts of Kindness		



			geography unit as well) (22 nd June).					
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Year 5

Mind Up Day	Class rules – rights and responsibilities. Getting Focussed – Session 1 - How the Brain works Getting Focussed – Session 2 – Mindful awareness							
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Autumn 1: <u>Ten:Ten – Mind Up –</u> =	Children not in due to changes in inset.	Getting Focussed Session 3 – The core practise of controlling your breathing.	Travelwise – active Travel public transport usage.	Sharpening your senses Lesson 4 Mindful Listening	Sharpening your senses Session 5 – Mindful seeing	World Mental Health.	Black History Month	Module 1 unit 1 – story sessions calming the storm.
Autumn 2 <u>Ten:Ten – Mind Up –</u>	Online Safety – Lesson 2 Sites to Cite.	Anti-Bullying Week- Assembly World Kindness day	Uk Parliament week. Cop 30	Road Safety Week .	International Day of Persons with Disabilities.	Module 2 unit 1 session 1 God is calling you	Project – linked to money.	



Spring 1 <u>Ten:Ten – Mind Up</u> –	Module 2 unit 2 session 1 under pressure + classroom shorts.	Module 2 unit 2 session 2 Do you want a piece of cake?	Module 2 unit 2 session 3 – self talk.	Module 2 unit 3 session 1 – sharing isn't always caring	Children's mental Health.	Racial Justice Day Whale Day linked to clean ocean for y5 sustainability. Assembly - Safer Internet Day		



<u>Spring 2</u> <u>Ten:Ten –</u> <u>Mind Up –</u>	Module 2 unit 3 session 2 cyberbullying.	Vocations: Careers and Aspirations	Big Walk and Wheel – promoting walking, scootering and cycling to school (discussion but evidence through ten: ten)	Great British Spring clean week also linked to recycling Day 18 th March, year 5 to also link to recycling and Ocean day.	Online Safety Lesson 4 – False photography.			
<u>Summer 1</u> <u>Ten:Ten –</u> <u>Mind - Up</u>	Module 2 unit 4 session 1 Types of Abuse.	Module 2 unit 4 session 2 impacted lifestyles.	Module 2 unit 4 session 3 – Making good choices.	Module 2 unit 4 session 4 Giving Assistance	Mind Up Its all about attitude Session 10 Perspective Taking	Session 12 Appreciating Happy Experiences	Module 3 unit 1 session 1 – The holy trinity	
<u>Summer 2</u> <u>Ten:Ten –</u> <u>Mind Up –</u>	Water Safety Week.	Clean Air Day	Module 3 unit 1 session 2 – Catholic Social Teaching	National Rail Safety Week.	Online Safety – Lesson 6 online safety comics.	Module 3 unit 2 session 1 reaching out.		



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Year 6

Mind Up day 1	Class Rules – rights and responsibilities Getting Focussed – Session 1 - How the Brain works Getting Focussed – Session 3 focused awareness, the core practice							
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Autumn 1: <u>Ten:Ten</u> –	Children not in due to change in inset days.	Sharpening the senses Mindful smelling	Travelwise week – Active Travel week.	Sharpening the senses Mindful Tasting	Module 1 unit 1 story sessions calming the storm.	World Mental Health	Black History Month .	Module 1 unit 2 session 1 gifts and talents
Autumn 2 <u>Ten:Ten</u> – <u>Mind Up</u> =	Online Safety – Lesson 2 Secure websites.	Anti-Bullying Week. World Kindness Day.	Uk Parliament week. COP 31 (In literacy lesson).	Road Safety Week.	Module 1 unit 2 session 2 girls bodies	Module 1 unit 2 session 3 Boys Bodies	Module 1 unit 2 session 4 spots and sleep + classroom shorts.	



<u>Spring 1</u> <u>Ten:Ten</u> – <u>Mind Up</u> =	Module 1 unit 3 session 1 body image.	Module 1 unit 3 session 2 – peculiar feelings.	Module 1 unit 3 session 3 emotional changes.	Module 1 unit 3 session 4 seeing stuff online	Children's Mental Health Week.	Racial Justice Day Internet Safety Assembly		
<u>Spring 2</u> <u>Ten:Ten</u> – <u>Mind Up</u> =	Module 1 unit 4 session 1 making babies (part 1)	Vocations, Careers and aspirations.	Big Wheel and Walk – promoting walking, cycling and scootering.	Great British Spring Clean Week also link to recycling Day 18 th March.	Online Safety Lesson 4 – Girls and Boys online.			
<u>Summer 1</u> <u>Ten:Ten</u> – <u>Mind - Up</u>	Mind Up Taking action mindfully Session 14 and session 15.)	Module 1 unit 4 session 2 making babies (part 2)	Module 1 unit 4 session 3 – menstruation. Earth Day Assembly	Module 1 unit 4 session 4 Hope Beyond Death	Module 2 unit 2 session 4 confidence Vs Control	Migratory Bird day – linked to bird nesting and endangered species. .	Module 2 unit 2 session 5 Build Others Up	



<u>Summer</u> <u>2</u> <u>Ten:Ten –</u> <u>Mind Up</u> <u>=</u>	Road Safety Transition to High School delivered by the road safety team (staffs).	Module 3 unit 1 session 1 The Holy Trinity Session 2 Catholic Social Teaching	Module 3 unit 2 session 1 Reaching Out	Online Safety – Lesson 6 Lets quizzical.	Money Project	Knife crime / Gang Workshop.		
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