



OLSB RHE and Mind Up Curriculum 2022/ 2023

Nursery

| | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
|---|---|---|---|--|--|---|---|---------------|
| Autumn 1: <u>Ten:Ten – Mind Up</u> = | Jigsaw – Session 1,2, and 3 Special and Safe in my class Rights and Responsibilities Jigsaw – Session 5 - Consequences | Nursery – Introduction to brain breaks. Mind Up – Getting Focussed – Session 1 - How the Brain works | Mind Up – Getting Focussed – Session 1 - How the Brain works | Mind Up – Getting Focussed – Session 1 - How the Brain works | Mind Up – Getting Focussed – Session 2 – Mindful awareness | Mind Up – Getting Focussed – Session 2 – Mindful awareness | Black History Month | |
| Autumn 2 <u>Ten:Ten – Mind Up</u> = | Ten: Ten – God Made Me, God made you – Session 1 - Religious understanding Hand Made with Love 5 days | World Kindness Day | Anti-bullying week Theme: Reach out Uk Parliament week. → | | Ten: Ten – God Made Me, God made you – Session 1 – deeper session Religious understanding Hand Made with Love | Mind Up – Getting Focussed Session 2 Mindful awareness | Mind Up – Getting Focussed Session 3 – The core practise of controlling your breathing | |



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| <p><u>Spring 1</u> <u>Ten:Ten – Mind Up</u> =</p> | <p>Ten: Ten Created to Love Others Unit 1 – religious understanding Session 1 Role Model</p> | <p>Mind Up - Sharpening your senses -Session 4 – Mindful listening</p> | <p>Mind Up - Sharpening your senses Mindful Listening</p> | <p>Mind Up - Sharpening your senses Session 5 – Mindful seeing</p> | <p>Mind Up Sharpening your senses recap.</p> | <p>Safer Internet Day</p> | <p>Racial Justice day</p> | |
| <p><u>Spring 2</u> <u>Ten:Ten – Mind Up</u> =</p> | <p>Mind Up - Sharpening your senses Session 5 – Mindful seeing</p> | <p>Mind Up Sharpening your senses Session 6 Mindful smelling</p> | <p>Ten: Ten Created to love others Unit 2 Personal relationships Session 1 Who’s who?</p> | <p>Ten: Ten Created to love others Unit 2 Personal relationships Session 2 You’ve got a Friend in me</p> | <p>Ten: Ten Created to love others Unit 2 Personal relationships Session 3 Forever Friends</p> | | | |
| <p><u>Summer 1</u> <u>Ten:Ten – Mind Up</u> =</p> | <p>Ten: Ten Created to love others Unit 3 Keeping safe Session 1 Safe Inside and Out</p> | <p>Ten: Ten Created to love others Unit 3 Keeping safe Session 2 My Body, My Rules</p> | <p>Ten: Ten Created to love others Unit 3 Keeping safe Session 3 Feeling Poorly</p> | <p>Vocations: Careers and aspirations</p> | <p>Ten: Ten Created to love others Unit 3 Keeping Safe Session 4 People who Help Us</p> | <p>Ten:ten Created to live in Community Unit 1 – Religious Understanding Session 1 God is Love</p> | <p>Ten:ten Created to live in Community Unit 1 – Religious Understanding Session 2 Loving God, Loving Others</p> | |



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| <u>Summer</u> <u>2</u> <u>Ten:Ten –</u> <u>Mind Up</u> <u>=</u> | Ten: Ten Created to live in the community Unit 2 Living in the wider world Session 1 Me, You, Us The Communities we live in | Mind Up Sharpening your senses Session 7 Mindful tasting part 1 | Mind Up Sharpening your senses Session 7 Mindful tasting part 2 | Mind Up- Sharpening your senses Session 8 Movement 1 | Mind Up- Sharpening your senses Session 9 Mindful Movement 2 | Mind Up Recap of MindUp and previous units | End of year reflection | |
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Reception

| | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
|--|---|---|--|---|---|---|---|--------|
| Autumn 1: <u>Ten:Ten –</u> <u>Mind Up –</u> | Special and Safe in my class Rights and Responsibilities - Consequences | Nursery – Introduction to brain breaks. Mind Up – Getting Focussed – Session 1 - How the Brain works | Mind Up – Getting Focussed – Session 1 - How the Brain works | Mind Up – Getting Focussed – Session 1 - How the Brain works | Mind Up – Getting Focussed – Session 2 – Mindful awareness | Mind Up – Getting Focussed – Session 2 – Mindful awareness | Black History Month | |
| Autumn 2 <u>Ten:Ten –</u> <u>Mind Up –</u> | Ten: Ten – God Made Me, God made you – Session 1 - Religious understanding Hand Made with Love | World Kindness Day | Anti-bullying week Theme Reaching out Uk Parliament week. | → | Ten: Ten – God Made Me, God made you – Session 1 - Religious understanding Hand Made with Love | Mind Up – Getting Focussed Session 2 Mindful awareness | Mind Up – Getting Focussed Session 3 – The core practise of controlling your breathing | |



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| <u>Spring 1</u> <u>Ten:Ten – Mind Up –</u> | Ten:Ten Unit 1 – Religious Understanding Session 1 – I am Me | Ten:Ten Unit 2 – Me, My Body ad My Heath Session 2 – Heads, shoulders, knees and toes | Ten: Ten Unit 2 – Me, My Body and my health Session 3 – Ready Teddy? | Mind Up - Sharpening your senses -Session 4 – Mindful listening | Mind Up - Sharpening your senses -Session 4 – Mindful listening | Safer Internet Day | Racial Justice day | |
| <u>Spring 2</u> <u>Ten:Ten – Mind Up –</u> | Mind Up - Sharpening your senses Session 5 – Mindful seeing | <u>Ten:Ten –</u> Unit 3 – Emotional Well-being – Session 1 I Like you, You like , We all like | <u>Ten:Ten –</u> Unit 3 – Emotional Well-being – Session2 Good Feelings, Bad Feelings | <u>Ten:Ten –</u> Unit 3 – Emotional Well- being – Session 3 Let’s Get Real | Mind Up - Sharpening your senses Session 5 – Mindful seeing | | | |
| <u>Summer 1</u> <u>Ten:Ten – Mind Up –</u> | Mind Up Sharpening your senses Session 6 Mindful smelling part 1 | Vocations: Careers and Aspirations | Mind Up Sharpening your senses Session 6 Mindful smelling part 2 | Ten: Ten Unit 4 Life Cycles – session 1 Growing Up | Ten:ten Created to live in Community Unit 1 – Religious Understanding Session 1 | Ten:ten Created to live in Community Unit 1 – Religious Understanding Session 2 | Ten: Ten Created to live in the community Unit 2 Living in the wider world | |



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| | | | | | God is Love | Loving God, Loving Others | Session 1 Me, You, Us The Communities we live in | |
| <u>Summer 2</u> <u>Ten:Ten –</u> <u>Mind Up –</u> | Mind Up Sharpening your senses Session 6 Recap on mindful breathing Mindful smelling | Mind Up Sharpening your senses Session 7 Mindful tasting | Mind Up- Sharpening your senses Session 8 and 9 Mindful Movement 1 | Mind Up- Sharpening your senses Session 8 and 9 Mindful Movement 2 | Moving to KS1. Having Stamina, Resilience & Metacognition. Sitting well at tables/producing neat handwriting | Rollover | End of year reflection | |



OLSB RHE and Mind Up Curriculum

Year 1

| | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
|--|--|--|--|---|--|---|--|---------------|
| <u>Autumn 1:</u> <u>Ten:Ten – Jigsaw – Being me in my world Mind Up –</u> | Special and Safe in my class Rights and Responsibilities – Consequences | Mind Up – Getting Focussed – Session 1 - How the Brain works | Mind Up – Getting Focussed – Session 2 – Mindful awareness | Mind Up – Getting Focussed Session 3 – The core practise of controlling your breathing | Mind Up - Sharpening your senses -Session 4 – Mindful listening | Mind Up - Sharpening your senses Session 5 – Mindful seeing | Black History Month | |
| <u>Autumn 2</u> <u>Ten:Ten – Mind Up –</u> | Ten: Ten – God Made Me, God made you – Session 1 - Religious understanding – Let the children Come | World Kindness Day | Anti-bullying week Theme Reaching Out UK Parliament week → | | Ten: Ten Created to Love Others Unit 1 – religious understanding Session 1 God Loves you | Mind Up Sharpening your senses Session 6 Recap on mindful breathing Mindful smelling | Mind Up Sharpening your senses Session 7 Mindful tasting | |



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| <u>Spring 1</u> <u>Ten:Ten –</u> <u>Mind Up –</u> | Mind Up- Sharpening your senses Session 8 and 9 Mindful Movement 1 + 2 | Ten: Ten Created to love others Unit 2 Personal relationships Session 2 Special People | Ten: Ten Created to love others Unit 2 Personal relationships Session 3 Treat Others well | Ten: Ten Created to love others Unit 2 Personal relationships Session 4 And say sorry | Mind Up Its all about attitude Session 10 Perspective Taking | Safer Internet Day | Racial Justice Day | |
| <u>Spring 2</u> <u>Ten:Ten –</u> <u>Mind Up –</u> | Ten: Ten Created to love others Unit 3 Keeping safe Session 1 Being Safe | Ten: Ten Created to love others Unit 3 Keeping safe Session 2 Good secrets and Bad secrets | Ten: Ten Created to love others Unit 3 Keeping safe Session 3 Physical Contact | Ten: Ten Created to love others Unit 3 Keeping Safe Session 4 Harmful Substances | Ten: Ten Created to love others Unit 3 Keeping safe Session 5 Can you Help me? Part 1 and Part 2 | | | |
| <u>Summer 1</u> <u>Ten:Ten –</u> <u>Mind Up –</u> | Mind Up Unit 3: Its all about attitude. Lesson 11 – Choosing Optimism | Vocations: Careers and Aspirations | Mind Up Unit 3: Its all about attitude – Lesson 12. Appreciating Happy Experiences | Ten:ten Created to live in Community Unit 1 – Religious Understanding Session 1 Three in one | Ten:ten Created to live in Community Unit 1 – Religious Understanding Session 2 Who is my neighbour | Ten: Ten Created to live in the community Unit 2 Living in the wider world Session 1 | | |



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| | | | | | | The Communities we live in | | |
| <u>Summer 2</u> <u>Ten:Ten –</u> <u>Mind Up –</u> | 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 | Money project / Unit of work linked to own area of the curriculum. Week 1 | Money project / Unit of work linked to own area of the curriculum. Week 2 | Rollover | End of year reflection | |



OLSB RHE and Mind Up Curriculum

Year 2

| | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
|--|---|---|---|---|--|--|--|---------------|
| Autumn 1: <u>Ten:Ten –</u> <u>Jigsaw –</u> Being me in my world <u>Mind Up –</u> | Special and Safe in my class Rights and Responsibilities Jigsaw – Consequences | Mind Up – Getting Focussed – Session 1 - How the Brain works | Mind Up – Getting Focussed – Session 2 – Mindful awareness | Mind Up – Getting Focussed Session 3 – The core practise of controlling your breathing | Mind Up - Sharpening your senses -Session 4 – Mindful listening | Mind Up - Sharpening your senses Session 5 – Mindful seeing | Black History Month | |
| Autumn 2 <u>Ten:Ten –</u> <u>Mind Up –</u> | Ten: Ten – God Made Me, God made you – | World Kindness Day | Anti-bullying week Theme: Reaching Out | | Mind Up Sharpening your senses Session 6 | Mind Up Sharpening your senses Session 7 Mindful tasting | Mind Up- Sharpening your senses Session 8 | |



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| | Session 1 - Religious understanding – Let the children Come | | UK Parliament Week → | | Recap on mindful breathing Mindful smelling | | Mindful movement 1 | |
| <u>Spring 1</u> <u>Ten:Ten – Mind Up –</u> | Mind Up- Sharpening your senses 9 Mindful Movement 2 | Ten: Ten Me, my body and my health. Session 1 I am unique | Ten: Ten Me, my body and my health. Session 2 Girls and boys | Ten: Ten Me, my body and my health. Session 3 Clean and healthy | Mind Up Recap on sharpening your senses – link to the wider world. | Safer Internet Day | Racial Justice Day | |
| <u>Spring 2</u> <u>Ten:Ten – Mind Up –</u> | Mind Up Its all about attitude Session 10 Perspective Taking | Mind Up Unit 3: Its all about attitude. Lesson 11 – Choosing Optimism | Ten: Ten Emotional wellbeing Unit 3 Session 1 Feelings: likes and dislikes | Ten: Ten Emotional wellbeing Unit 3 Session 2 Feeling inside and out | Ten: Ten Emotional wellbeing Unit 3 Session 3 Super Susie gets angry | | | |
| <u>Summer 1</u> <u>Ten:Ten – Mind Up –</u> | Mind Up Unit 3: Its all about attitude – Lesson 12. Appreciating Happy Experiences | Ten:Ten Life cycles Unit 4 Session 1 The cycle of life | Ten:ten Module 3 Unit 1 Session 1 Three in one | Ten: Ten Module 3 Unit 1 Session 2 Who is my neighbour | Ten: Ten Module 3 Unit 2 Session 1 The Communities we live in | Mind Up Taking action mindfully Session 13 Expressing Gratitude | | |



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| <p><u>Summer 2</u> <u>Ten:Ten –</u> <u>Mind Up –</u></p> | <p>Mind Up Taking action mindfully Session 14 Performing Acts of Kindness</p> | <p>Vocations: Careers and Aspirations</p> | <p>Money project / Unit of work linked to own area of the curriculum. Week 1</p> | <p>Money project / Unit of work linked to own area of the curriculum. Week 2</p> | <p>Rollover</p> | <p>Mind Up Taking action mindfully Session 15 Taking mindful action in the world</p> | <p>End of year reflection</p> | |
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OLSB RHE and Mind Up Curriculum

Year 3

| | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
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| <u>Autumn 1:</u> <u>Ten:Ten –</u> <u>Mind Up –</u> | Becoming a class team. Session 3 – Rights, responsibilities class charter. | Mind Up – Getting Focussed – Session 1 - How the Brain works | Mind Up – Getting Focussed – Session 2 – Mindful awareness | Mind Up – Getting Focussed Session 3 – The core practise of controlling your breathing | Mind Up - Sharpening your senses -Session 4 – Mindful listening | Mind Up - Sharpening your senses Session 5 – Mindful seeing | Black History Month | |
| <u>Autumn 2</u> <u>Ten:Ten –</u> <u>Mind Up –</u> | Ten: Ten – Created and Loved by God Unit 1 | World Kindness Day | Anti-bullying week Theme One Reaching Out | Ten:ten Created and loved by God | Ten: Ten Created to Love others | Mindup – recap on Mindful seeing / listening – | Mind Up Sharpening your senses | |



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|---|---|---|--|---|---|--|---|--|
| Sharpening your senses | Religious understanding Session 1 Get Up (5 days) | Start UK Parliament | → | Unit 1 Religious understanding Session 2 The Sacraments | Unit 1 – Religious Understanding ↔ | further activity. → Same session | Session 6 continued Mindful smelling | |
| <u>Spring 1</u> <u>Ten:Ten – Mind Up –</u> | Ten: Ten Created to Love others Unit 2 Personal Relationships Session 1 Friends, family and others | Ten: Ten Created to Love others Unit 2 Personal Relationships Session 2 When things feel bad | Mind Up Sharpening your senses Session 7 Mindful tasting | Mind Up – Sharpening your senses Session 8 Mindful movement 1 | Mind Up- Sharpening your senses Session 9 Mindful Movement 2 part 1 | Safer Internet Day. | Racial Justice Day | |
| <u>Spring 2</u> <u>Ten:Ten – Mind Up –</u> | Ten: Ten Created to Love others Unit 3 Keeping safe Session 1 Sharing online | Ten: Ten Created to Love others Unit 3 Keeping safe Session 2 Chatting online | Ten: Ten Created to Love others Unit 3 Keeping safe Session 3 Safe in my body | Ten: Ten Created to Love others Unit 3 Keeping safe Session 4 Drugs, Alcohol and Tobacco | Ten: Ten Created to Love others Unit 3 Keeping safe Session 5 First Aid Heroes | | | |



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| <p><u>Summer 1</u> <u>Ten:Ten –</u> <u>Mind Up –</u></p> | <p>Mind Up- Sharpening your senses Session 9 Mindful Movement 2 part 2 further activity.</p> | <p>Mind Up- Sharpening your senses Recap on previous learning.</p> | <p>Vocations: Careers and Aspirations</p> | <p>Ten:ten Created to live in the community Unit 1 Religious Understanding g Session 1 A community of love</p> | <p>Ten:ten Created to live in the community Unit 1 Religious Understanding Session 2 What is the church?</p> | <p>Ten:ten Created to live in the community Unit 2 Living in the wider world How do I love others?</p> | | |
| <p><u>Summer 2</u> <u>Ten:Ten –</u> <u>Mind Up –</u></p> | <p>Mind Up Its all about attitude Session 10 Perspective Taking</p> | <p>Mind Up Its all about attitude Session 11 Choosing optimism</p> | <p>Mind Up Its all about attitude Session 12 Appreciating Happy experiences</p> | <p>Mind up Session 13 Expressing Gratitude Mind up Session 14 Acts of Kindness</p> | <p>Rollover</p> | <p>Mind Up Taking action mindfully Session 15 Taking mindful action in the world</p> | <p>End of year reflection</p> | |



OLSB RHE and Mind Up Curriculum

Year 4

| | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
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| <u>Autumn 1:</u> <u>Ten:Ten –</u> <u>Mind Up –</u> | Becoming a class team. Rights, responsibilities and class charter. | Mind Up – Getting Focussed – Session 1 - How the Brain works | Mind Up – Getting Focussed – Session 2 – Mindful awareness | Mind Up – Getting Focussed Session 3 – The core practise of controlling your breathing | Mind Up - Sharpening your senses -Session 4 – Mindful listening | Mind Up - Sharpening your senses Session 5 – Mindful seeing | Black History Month | |
| <u>Autumn 2</u> <u>Ten:Ten –</u> <u>Mind Up –</u> | Ten: Ten – Created and Loved by God Unit 1 | World Kindness Day | Anti-bullying week Theme One Kind word. | | Mind Up Sharpening your senses | Mind Up Sharpening your senses Session 7 | Mind Up – Sharpening your senses | |



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| | Religious understanding Session 1 Get Up (5 days) | | UK Parliament Week. → | | Session 6 continued Mindful smelling | Mindful tasting | Session 8 Mindful movement 1 | |
| <u>Spring 1</u> <u>Ten:Ten –</u> <u>Mind Up –</u> | Ten:Ten Created and Loved by God Unit 2 Me, My body and my health Session 1 We don't have to be the same | Ten:Ten Created and Loved by God Unit 2 Me, My body and my health Session 2 Respecting our Bodies | Ten: Ten Created and Loved by God Unit 2 Me, My body and my health Session 3 What is Puberty YEAR 4 ONLY | <u>Ten:Ten –</u> Created and Loved By God Unit 2 Me, My body and my health Session 4 Changing Bodies YEAR 4 ONLY | <u>Ten:Ten –</u> Created and Loved By God Unit 2 Me, My body and my health Session 5 Boys/Girls discussion groups YEAR 4 ONLY | Safer Internet Day. | Racial Justice Day. | |
| <u>Spring 2</u> <u>Ten:Ten –</u> <u>Mind Up</u> | <u>Ten:Ten –</u> Created and Loved By God Unit 3 Emotional Well Being Session 1 | Ten:Ten Created and loved by God Unit 3 Emotional Well Being Session 2 | <u>Ten:Ten –</u> Created and Loved By God Unit 3 Emotional Well Being Session 3 | Mind Up- Sharpening your senses Session 9 Mindful Movement 2 | Mind Up Its all about attitude Session 10 Perspective Taking | | | |



| | What am I feeling? | What am I looking at? | I am Thankful | | | | | |
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| <u>Summer 1</u> <u>Ten:Ten –</u> <u>Mind Up –</u> | Ten: Ten Created and Loved By God Unit 4 Session 1 Life Cycles | Vocations: Careers and Aspirations | Life Cycles – Ten:ten Created to live in the community Unit 1 Religious Understandin g Session 1 A community of love | Ten:ten Created to live in the community Unit 1 Religious Understandin g Session 2 What is the church? | Ten:ten Created to live in the community Unit 2 Living in the wider world How do I love others? | Money Project | | |
| <u>Summer 2</u> <u>Ten:Ten –</u> <u>Mind Up –</u> | Mind Up Its all about attitude Session 11 Choosing optimism | Mind Up Its all about attitude Session 12 Appreciating Happy experiences | Mind Up Session 13 Expressing Gratitude | Mind Up Taking action mindfully Session 14 Acts of Kindness | Rollover | Mind Up Taking action mindfully Session 15 Taking mindful action in the world | End of year reflection | |



OLSB RHE and Mind Up Curriculum

Year 5

| | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
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| Autumn 1: <u>Ten:Ten –</u> <u>Mind Up – =</u> | My year ahead Learning charter | Mind Up – Getting Focussed – Session 1 - How the Brain works | Mind Up – Getting Focussed – Session 2 – Mindful awareness | Black History Month-Marcus Rashford- Aspirations/ Goals | Ten: Ten – Created and Loved by God Unit 1 Religious understanding Story Sessions Calming the Storm (5 days) | Mind Up – Getting Focussed Session 3 – The core practise of controlling your breathing | Ten: Ten Created and loved by God Unit 1 Is God calling you? | |



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| <u>Autumn 2</u> <u>Ten:Ten –</u> <u>Mind Up –</u> | Mind Up - Sharpening your senses -Session 4 – Mindful listening | World Kindness day Uk Parliament week  | Anti-Bullying Week- One | Mind Up - Sharpening your senses Session 5 – Mindful seeing | Mind Up Sharpening your senses Session 6 Recap on mindful breathing Mindful smelling | Mind Up Sharpening your senses Session 7 Mindful tasting | Project – linked to money. | |
| <u>Spring 1</u> <u>Ten:Ten –</u> <u>Mind Up –</u> | Ten: Ten Created and loved by God Unit 2 Personal Relationships Session 1 Under pressure | Ten: Ten Created and loved by God Unit 2 Personal Relationships Session 2 Do you want a piece of cake? | Ten: Ten Created and loved by God Unit 2 Personal Relationships Session 3 Self - Talk | Year 5 Mind Up session 8 linked to the two previous sessions. Movement 1 | Mind Up- Sharpening your senses Session 9 Mindful Movement 2 | Safer Internet Day | Racial Justice Day | |
| <u>Spring 2</u> <u>Ten:Ten –</u> <u>Mind Up –</u> | Ten: Ten Created to Love others Unit 3 Session 1 Sharing Isn't always caring | Ten: Ten Created to Love others Unit 3 Session 2 Cyber Bullying | Ten: Ten Created to Love others Unit 3 Session 3 Types of Abuse | Ten: Ten Created to Love others Unit 3 Session 4 Impacted Lifestyle | Ten: Ten Created to Love others Unit 3 Session 5 Making Good choices | | | |
| <u>Summer 1</u> <u>Ten:Ten –</u> <u>Mind - Up</u> | Ten: Ten Created to Love others | Ten:ten | Vocations: Careers and Aspirations | Ten:ten Created to live in community | Ten:ten Created to live in community | Mind Up | | |



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| | Unit 3 Session 6 Giving Assistance | Created to live in community Unit 1 Religious understanding Session 1 The Trinity | | Unit 1 Religious understanding Session 2 Catholic social teaching | Unit 2 Living in the wider world Session 1 Reaching out | Its all about attitude Session 10 Perspective Taking | | |
| <u>Summer 2</u> <u>Ten:Ten –</u> <u>Mind Up –</u> | Ten: Ten Created and loved by God Unit 4 Life Cycles Session 3 Menstruation | Mind Up Its all about attitude Session 11 Choosing optimism | Session 12 Appreciating Happy Experiences. | Session 13 Expressing gratitude | Rollover | Mind Up Taking action mindfully Session 15 Taking mindful action in the world | End of year reflection | |



OLSB RHE and Mind Up Curriculum

Year 6

| | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
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| <u>Autumn 1:</u> <u>Ten:Ten –</u> <u>Mind Up –</u> = | –. My year ahead Session 2- Being a global citizen Learning charter | Vocations: Careers and Aspirations. University Visit Day. | Stanley Head Residential: Team building and resilience. | Mind Up –Getting Focussed – Session 1 - How the Brain works | Mind Up – Getting Focussed – Session 2 – Mindful awareness | Mind Up – Getting Focussed Session 3 – The core practise of controlling your breathing | Black History Month | |
| <u>Autumn 2</u> <u>Ten:Ten –</u> <u>Mind Up –</u> | Mind Up - Sharpening your senses | World Kindness Day. | Anti-Bullying Week Theme Reaching out. | Mind Up | Mind Up Sharpening your senses | Project – linked to | Ten:Ten Created and Loved by God | |



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| | <p>-Session 4 – Mindful listening</p> <p>Over 5 days – 10 mins per day. Ten: Ten – Created and Loved by God Unit 1 Religious understanding Story Sessions Calming the Storm (5 days)</p> | UK Parliament week | | <p>- Sharpening your senses Session 5 – Mindful seeing</p> | <p>Session 6 Mindful smelling</p> | money, career,. | <p>Unit 2 Me, My body and my health Session 1 Gifts and Talents</p> | |
| <p><u>Spring 1</u> <u>Ten:Ten – Mind Up –</u></p> | <p>Ten:Ten Created and Loved by God Unit 2 Me, My body and my health Session 2 Girls Bodies</p> | <p>Ten: Ten Created and Loved by God Unit 2 Me, My body and my health Session 3 Boys Bodies</p> | <p><u>Ten:Ten –</u> Created and Loved By God Unit 2 Me, My body and my health Session 4 Spots and Sleep</p> | <p>Ten:Ten – Created and Loved By God Unit 3 Emotional Well Being Session 1 Body Image</p> | <p>Ten:Ten Created and loved by God Unit 3 Emotional Well Being Session 2 Peculiar Feelings</p> | <p>Safer Internet Day and Racial Justice Day</p> | <p><u>Ten:Ten –</u> Created and Loved By God Unit 3 Emotional Well Being Session 3 Emotional Changes</p> | |



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| <u>Spring 2</u> <u>Ten:Ten –</u> <u>Mind Up –</u> | Ten: Ten Created and Loved By God Unit 3 Emotional Well Being Session 4 Seeing stuff online | Ten: Ten Created and loved by God Unit 4 Life Cycles Session 1 Making Babies (p1) | Ten: Ten Created and loved by God Unit 4 Life Cycles Session 2 Making Babis (P2) YEAR 6 ONLY | Ten: Ten Created and loved by God Unit 4 Life Cycles Session 3 Menstruation | Mind Up Sharpening your senses Session 7 Mindful tasting | | | |
| <u>Summer 1</u> <u>Ten:Ten –</u> <u>Mind - Up</u> | Mind Up- Sharpening your senses Session 8 and 9 Mindful Movement 1 and 2 | Mind Up Its all about attitude Session 10 Perspective Taking. | Mindfulness breathing and awareness/stress /anxiety calming measures (SATS) | SATS week Mindfulness breathing and awareness/stress /anxiety calming measures (SATS) | Mind Up Its all about attitude Session 11 Choosing optimism | Ten:ten Created to live in community Unit 1 Religious understanding Session 1 The Trinity | | |
| <u>Summer 2</u> <u>Ten:Ten –</u> <u>Mind Up –</u> | Ten:ten Created to live in community Unit 1 Religious understanding Session 2 Catholic social teaching | Ten:ten Created to live in community Unit 2 Living in the wider world Session 1 Reaching out | Mind Up Its all about attitude Session 12 Appreciating Happy Experiences | Mind Up Its all about attitude Session 13 Expressing Gratitude | Rollover | Mind Up Taking action mindfully Session 14 & 15 Taking mindful action in the world | Saying Goodbye/End of year reflection | |

