



PSHE – Intent, Implementation and Impact

Intent

At Goathland Primary School, our PSHE curriculum is designed to empower every child to become **happy, healthy and resilient** individuals who are ready to contribute positively to society. Through the **myHappymind+** programme, pupils develop a deep understanding of themselves and others, learn strategies for emotional regulation, and acquire the life skills needed to flourish both in school and beyond.

Our intent is to ensure that all children:

- Develop **self-awareness, confidence and resilience** to manage life's challenges positively.
- Build and maintain **healthy relationships** based on respect, empathy and kindness.
- Learn to **keep themselves and others safe**, physically and emotionally.
- Understand the importance of **physical and mental health**, making informed choices to promote both.
- Appreciate the diversity of the wider world and their **role as responsible citizens**.
- Are well-prepared for the next stages of education and life.

Our PSHE curriculum is built around the **three core themes** and aligns fully with statutory guidance:

1. **My Happy Body – Health and Wellbeing**
2. **My Happy Relationships – Relationships Education**
3. **My Happy World – Living in the Wider World**

Implementation

PSHE is delivered through the **myHappymind+** programme, the **only NHS-endorsed mental health and wellbeing curriculum**, which provides a comprehensive, evidence-based approach to developing positive habits, healthy relationships and emotional literacy.

It is taught weekly across the school from **EYFS to Year 6**, supported by assemblies, reflection time and cross-curricular links to Science, Computing, RE and PE.

Curriculum Structure

The myHappymind+ framework provides continuity from EYFS to KS2:

Phase	Core Modules	Key Focus
EYFS	My Happy Body, My Happy Relationships, My Happy World	Personal, social and emotional development; self-regulation; healthy choices.
KS1	MyHappymind + modules (20 lessons total)	Understanding emotions, friendships, safety, kindness, hygiene, and community roles.
LKS2	MyHappymind + modules (17 lessons total)	Positive mindset, growth, managing change, digital resilience, and celebrating uniqueness.
UKS2	MyHappymind + modules (17 lessons + transition and wellbeing lessons)**	Leadership, transition to secondary school, mental health awareness, aspirations and financial wellbeing.

Each lesson is interactive, structured and linked directly to PSHE Association objectives.

The lessons include:

- **Made-for-you PowerPoints, stories, games and videos**
- **Time to Chat** discussions for reflection and social dialogue
- **Digital journals** for pupil evidence and teacher assessment

This ensures **spiral progression**, revisiting and deepening knowledge and skills year by year.

[Links to EYFS](#)

The Early Years curriculum (PSED) aligns with myHappymind activities through focus areas such as **confidence, resilience, relationships and healthy living**. These map directly to **Development Matters** statements on self-regulation, managing feelings and behaviour, and building positive relationships .

Assessment

Assessment in PSHE focuses on understanding, reflection and personal growth rather than formal testing.

- **Formative assessment** takes place through discussion, observation, reflection journals and feedback in lessons.
- **Summative assessment** is captured at the end of each unit using **Balance**, which allows teachers to record pupil progress in each of the three PSHE strands.

The **Balance Assessment Tool** supports assessment across:

Strand	What is Assessed
Health and Wellbeing	Understanding physical and mental health, self-regulation, safety, and resilience.
Relationships	Respect, empathy, communication and conflict resolution.
Living in the Wider World	Community responsibility, digital safety, money management and aspirations.

Balance enables staff to:

- Track individual and cohort progress across the school
- Identify pupils needing additional support
- Evaluate whole-school impact through data and pupil voice

Evidence is collected through lesson outputs, pupil reflection, teacher notes and digital activity summaries within the myHappymind platform.

Impact

By the end of Key Stage 2, pupils at Goathland Primary School will:

- Recognise and manage a wide range of emotions and behaviours effectively.
- Demonstrate **empathy, kindness and respect** towards others.
- Make safe, healthy and informed choices about their lifestyle and relationships.
- Show **resilience, confidence and a growth mindset** in the face of challenges.
- Understand their role within their school, community and the wider world.
- Be ready for the next stage of learning, equipped with the **emotional intelligence and life skills** needed to thrive.

The impact of PSHE is evidenced through:

- Pupil voice demonstrating confidence, happiness and empathy.
- Teacher observations of improved self-regulation and resilience.
- Balance assessment data tracking growth in wellbeing and social skills.
- Positive relationships and behaviour across school.

PSHE at Goathland empowers children to be **happy, healthy and mindful learners**, ready to lead positive lives and contribute meaningfully to society.