

Criteria from the PSHE Association Programme of Study.



| KS1        | Video | H1 | H2 | H3 | H4 | H5 | H6 | H7 | H8 | H9 | H10 | H11 | H12 | H13 | H14 | H15 | H16 | H17 | H18 | H19 | H20 | H21 | H22 | H23 | H24 | H25 |
|------------|-------|----|----|----|----|----|----|----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Chapter 1  | V1    |    |    |    | ■  |    |    |    |    |    |     | ■   |     |     |     |     |     |     | ■   |     |     |     |     |     |     | ■   |
|            | V2    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
|            | V3    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
|            | V4    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
|            | V5    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
| Chapter 2  | V1    |    |    |    | ■  |    |    |    |    |    |     | ■   |     |     |     |     |     |     | ■   |     |     |     |     |     |     | ■   |
|            | V2    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
|            | V3    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
|            | V4    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
|            | V5    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
| Chapter 3  | V1    |    |    |    | ■  |    |    |    |    |    |     | ■   |     |     |     |     |     |     | ■   |     |     |     |     |     |     | ■   |
|            | V2    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
|            | V3    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
|            | V4    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
|            | V5    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
| Chapter 4  | V1    |    |    |    | ■  |    |    |    |    |    |     | ■   |     |     |     |     |     |     | ■   |     |     |     |     |     |     | ■   |
|            | V2    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
|            | V3    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
|            | V4    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
|            | V5    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
| Chapter 5  | V1    |    |    |    | ■  |    |    |    |    |    |     | ■   |     |     |     |     |     |     | ■   |     |     |     |     |     |     | ■   |
|            | V2    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
|            | V3    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
|            | V4    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
|            | V5    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
| Chapter 6  | V1    |    |    |    | ■  |    |    |    |    |    |     | ■   |     |     |     |     |     |     | ■   |     |     |     |     |     |     | ■   |
|            | V2    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
|            | V3    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
|            | V4    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
|            | V5    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
| Chapter 7  | V1    |    |    |    | ■  |    |    |    |    |    |     | ■   |     |     |     |     |     |     | ■   |     |     |     |     |     |     | ■   |
|            | V2    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
|            | V3    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
|            | V4    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
|            | V5    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
| Chapter 8  | V1    |    |    |    | ■  |    |    |    |    |    |     | ■   |     |     |     |     |     |     | ■   |     |     |     |     |     |     | ■   |
|            | V2    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
|            | V3    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
|            | V4    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
|            | V5    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
| Chapter 9  | V1    |    |    |    | ■  |    |    |    |    |    |     | ■   |     |     |     |     |     |     | ■   |     |     |     |     |     |     | ■   |
|            | V2    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
|            | V3    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
|            | V4    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
|            | V5    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
| Chapter 10 | V1    |    |    |    | ■  |    |    |    |    |    |     | ■   |     |     |     |     |     |     | ■   |     |     |     |     |     |     | ■   |
|            | V2    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
|            | V3    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
|            | V4    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |
|            | V5    |    |    |    | ■  |    |    |    |    |    |     | ■   |     | ■   |     |     |     |     |     | ■   |     |     |     |     |     | ■   |



The One Mind video course chapters, each with 5 videos.

# Key Stage One

**H4.** about why sleep is important and different ways to rest and relax

**H11.** about different feelings that humans can experience

**H12.** how to recognise and name different feelings

**H13.** how feelings can affect people's bodies and how they behave

**H14.** how to recognise what others might be feeling

**H16.** about ways of sharing feelings; a range of words to describe feelings

**H18.** different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good

**H22.** to recognise the ways in which we are all unique

**H23.** to identify what they are good at, what they like and dislike

**H24.** how to manage when finding things difficult

Criteria deemed 'met' by qualified teachers.

There are also many other opportunities to meet even more of the 'H' criteria during broader discussions prompted by the One Mind videos.

Criteria from the PSHE Association Programme of Study.



| KS2        | Video | H1 | H2 | H3 | H4 | H5 | H6 | H7 | H8 | H9 | H10 | H11 | H12 | H13 | H14 | H15 | H16 | H17 | H18 | H19 | H20 | H21 | H22 | H23 | H24 | H25 | H26 | H27 | H28 | H29 |
|------------|-------|----|----|----|----|----|----|----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Chapter 1  | V1    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V2    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V3    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V4    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V5    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| Chapter 2  | V1    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V2    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V3    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V4    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V5    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| Chapter 3  | V1    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V2    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V3    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V4    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V5    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| Chapter 4  | V1    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V2    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V3    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V4    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V5    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| Chapter 5  | V1    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V2    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V3    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V4    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V5    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| Chapter 6  | V1    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V2    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V3    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V4    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V5    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| Chapter 7  | V1    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V2    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V3    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V4    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V5    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| Chapter 8  | V1    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V2    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V3    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V4    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V5    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| Chapter 9  | V1    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V2    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V3    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V4    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V5    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| Chapter 10 | V1    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V2    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V3    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V4    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|            | V5    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |



The One Mind video course chapters, each with 5 videos.

## Key Stage Two

**H3.** the impact that media and social media can have on how people think about themselves and express themselves, including regarding body image, physical and mental health

**H4.** simple strategies to help build resilience to negative opinions, judgements and comments

**H15.** the importance of sleep and strategies to maintain good quality sleep

**H16.** to recognise and manage what influences their choices about physical activity

**H17.** the role of a balanced diet as part of a healthy lifestyle and the impact of unhealthy food choices

**H18.** what might influence decisions about eating a balanced diet and strategies to manage eating choices

**H20.** strategies for maintaining personal hygiene, including oral health, and prevention of infection

**H25.** strategies to manage a range of influences on drug, alcohol and tobacco use, including peers

**H27.** the personal and social risks and consequences of substance use and misuse including occasional use

Criteria deemed 'met' by qualified teachers.

There are also many other opportunities to meet even more of the 'H' criteria during broader discussions prompted by the One Mind videos.