

Our RPHSE Curriculum: Specialist Support Rationale – One Life by Kelly Wood

Diamond Wood Community Academy has chosen to adopt One Life as the foundation of its RPSHE and curriculum because it provides a coherent, research-informed and relational framework that supports children's development from Nursery through to Year 6. While Diamond Wood Community Academy is an infant school and delivers the programme from Nursery to Year 2, the full progression model ensures continuity and coherence beyond our setting. The Year 3–6 content is shared with our linked junior school, enabling staff to understand progression, expectations and next steps, and supporting smooth transition for pupils.

Children are growing up in an increasingly complex, digitally driven and emotionally demanding world. One Life responds to this reality with a clear moral and educational purpose: to explicitly teach children how to live their *one life* well. The programme takes a counter-cultural approach, equipping children with the knowledge, habits and skills they need to live healthy, safe and happy lives and to manage their academic, personal and social worlds positively. It is deeply rooted in contemporary research from psychology, social physiology and medicine, ensuring that learning is grounded in how children develop, regulate emotions and build relationships.

The curriculum is structured around three interconnected strands — Mental Fitness, Social Fitness and Physical Fitness — with statutory RSHE content carefully broken down into age-appropriate, sequenced learning. Concepts are deliberately revisited so that children know more, remember more and are able to apply their learning meaningfully. The programme also supports children's spiritual, moral, social and cultural development, with British Values, character education and equality embedded throughout.

A key strength of One Life is its relational approach, aligned with the Educational Psychology Service principle of '*Relate to Educate*'. The programme prioritises relationships, restoration and regulation over compliance-based behaviour systems. It provides practical strategies for developing strong relationships, supporting co-regulation, repairing and restoring harm, setting clear boundaries and supporting inclusion, particularly for children who have experienced adversity or trauma.

One Life was also chosen because it is highly supportive of teachers and leaders. The programme provides high-quality, carefully planned resources that reduce workload while strengthening consistency and quality of delivery. Ongoing consultancy and professional support from the programme creator, Kelly Wood, ensures reflective practice, staff confidence and sustainable implementation over time.

For these reasons, One Life provides a robust, ethical and future-focused foundation for RPSHE and Personal Development at Diamond Wood Community Academy, ensuring that children are supported to develop the knowledge, skills and character needed to thrive, while maintaining clear progression beyond Year 2 into the next stage of their education.

To be the best version of me I can be!