PSHE and wellbeing long-term plan based on SCARF suggested half-termly units and related key themes

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(Units include lesson plans that cover all the DfE statutory requirements for Relationships Education and Health Education)

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| **Year/Half-termly unit titles** | **1****Me and my Relationships** | **2****Valuing Difference** | **3****Keeping Myself Safe** | **4****Rights and Responsibilities** | **5****Being my Best** | **6****Growing and Changing** |
| **EYFS** | What makes me specialPeople close to meGetting help | Similarities and differenceCelebrating differenceShowing kindness | Keeping my body safeSafe secrets and touchesPeople who help to keep us safe | Looking after things: friends, environment, money | Keeping by body healthy – food, exercise, sleepGrowth Mindset | CyclesLife stages |
| **Y1** | FeelingsGetting helpClassroom rules | Recognising, valuing and celebrating differenceDeveloping tolerance and respect | How our feelings can keep us safeKeeping healthyMedicine Safety | Taking care of things:MyselfMy moneyMy environment | Growth MindsetKeeping by body healthy | Getting helpBecoming independentMy body parts |
| **Y2** | Bullying and teasingOur school rules about bullyingBeing a good friendFeelings/self-regulation |  Being kind and helping others  Listening Skills | Safe and unsafe secretsAppropriate touch Medicine safety | CooperationSelf-regulation | Growth MindsetLooking after my body | Life cyclesDealing with lossBeing supportive |
| **Y3** | CooperationFriendship(including respectful relationships) | Recognising and respecting diversityBeing respectful and tolerant  | Managing riskDrugs and their risks Staying safe online | Skills we need to develop as we grow upHelping and being helped |  Keeping myself healthy Celebrating and developing my skills | RelationshipsKeeping safe |
| **Y4** | Recognising feelingsBullyingAssertive skills  | Recognising and celebrating difference (including religions and cultural difference)Understanding and challenging stereotypes | Managing riskUnderstanding the norms of drug use (cigarette and alcohol use)Influences | Making a difference (different ways of helping others or the environment)Media influenceDecisions about spending money | Having choices and making decisions about my healthTaking care of my environment | Body changes during pubertyManaging difficult feelingsRelationships including marriage |
| **Y5** | FeelingsFriendship skills, including compromiseAssertive skills  | Recognising and celebrating difference, including religions and culturalInfluence and pressure of social media | Managing risk, including staying safe online Norms around use of legal drugs (tobacco, alcohol) |  Rights and responsibilities Rights and responsibilities relating to my health Decisions about lending, borrowing and spending  |  Growing independence and taking responsibility Media awareness and safety | Managing difficult feelingsManaging changeGetting help  |
| **Y6** | AssertivenessCooperationSafe/unsafe touches | Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour  | Emotional needsStaying safe online Drugs: norms and risks (including the law) |  Understanding media bias, including social mediaCaring: communities and the environmentEarning and saving money |  Aspirations and goal setting Managing risk | Keeping safe Body ImageSelf esteem  |