



## PSHE and wellbeing long-term plan based on SCARF half-termly units and related key themes. (Units include lesson plans that cover all the DfE statutory requirements for Relationships Education and Health Education)



Half-termly	1	2	3	4	5	6
unit titles	Me and my Relationships	Valuing Difference	Keeping Safe	Rights and Respect	Being my Best	Growing and Changing
			What's safe to go onto	Looking after my special people		
		l'm special, you're	my body	<u>people</u>		<u>Seasons</u>
	All about me	<u>special</u>	Keeping Myself Safe -	Looking after my friends	Bouncing back when things go wrong	Life stages - plants.
	What makes me	Same and different	What's safe to go into	Being helpful at home	iriirigs go wiorig	animals, humans
	special		my body (including medicines)	and caring for our classroom	<u>Yes, I can!</u>	<u>Life Stages: Human life</u>
	Me and my special	<u>Same and different</u> <u>families</u>			<u>Healthy eating</u>	stage - who will I be?
EYFS	<u>people</u>	Same and different	<u>Safe indoors and</u> <u>outdoors</u>	<u>Caring for our world</u>	My healthy mind	Where do babies
	Who can help me?	homes	Listening to my feelings	Looking after money (1): recognising, spending,	Move your body	come from?
	My feelings	<u>l am caring</u>		<u>using</u>	<u>Move your body</u>	<u>Getting bigger</u>
	<u>iviy reemigs</u>		<u>Keeping safe online</u>	Looking after money (2):	A good night's sleep	Me and my body - airls
		<u>l am a friend</u>	People who help to	saving money and		and boys
			<u>keep me safe</u>	<u>keeping it safe</u>		
		Same or different?		Harold has a bad day	Lcan eat a rainbow	
	Why we have classroom rules	Unkind, tease or bully?	<u>Super sleep</u>	Around and about the	Fortugall	<u>Healthy me</u>
	How are you listening?	<u>unkina, lease or bully?</u>	Who can help? (1)	school	<u>Eat well</u>	<u>Then and now</u>
		<u>Harold's school rules</u>	Good or bad touches?	Taking care of something	<u>Harold's wash and</u> <u>brush up</u>	Taking care of a baby
Y1	Thinking about feelings	<u>It's not fair!</u>				Who can help? (2)
	Our feelings	Who are our special	<u>Sharing pictures</u>	<u>Harold's money</u>	Catch it! Bin it! Kill it!	
	Feelings and bodies	people?	What could Harold do?	How should we look after	Harold learns to ride his	Surprises and secrets
	Good friends	Our special people	<u>Harold loses Geoffrey</u>	our money?	<u>bike</u>	<u>Keeping privates</u> <u>private</u>
	Good menas	<u>balloons</u>		<u>Basic first aid</u>	<u>Pass on the praise!</u>	<u>privare</u>

Y2	Our ideal classroom (1)  How are you feeling today?  Let's all be happy!  Being a good friend  Types of bullying  Don't do that!	What makes us who we are?  My special people  How do we make others feel?  When someone is feeling left out  An act of kindness  Solve the problem	Harold's picnic  How safe would you feel?  What should Harold say?  I don't like that!  Fun or not?  Should I tell?	Getting on with others  When I feel like erupting  Feeling safe  Playing games  Harold saves for something special  How can we look after our environment?	You can do it!  My day  Harold's postcard - helping us to keep clean and healthy  Harold's bathroom  What does my body do?  Basic first aid	A helping hand  Sam moves away  Haven't you grown!  My body, your body  Respecting privacy  Some secrets should never be kept
Y3	As a rule  Looking after our special people  How can we solve this problem?  Friends are special  Thunks  Dan's dare	Respect and challenge  Family and friends  My community  Our friends and neighbours  Let's celebrate our differences  Zeb	Safe or unsafe?  Danger or risk?  The Risk robot  Super Searcher  Help or harm?  Alcohol and cigarettes: the facts	Helping each other to stay safe  Recount task  Our helpful volunteers  Can Harold afford it?  Earning money  Harold's environment project	Derek cooks dinner! (healthy eating)  Poorly Harold  Body teamwork  For or against?  Lam fantastic!  Top talents	Relationship tree  Body space  None of your business!  Secret or surprise?  Basic first aid
<b>Y4</b>	Human machines  Ok or not ok? (part 1)  Ok or not ok? (part 2)  An email from Harold!  Different feelings  Under pressure	Can you sort it?  What would I do?  The people we share our world with  That is such a stereotype!  Friend or acquaintance?  Islands	Danger, risk or hazard?  How dare you!  Keeping ourselves safe  Raisin challenge (2)  Picture wise  Medicines: check the label	Who helps us stay healthy and safe?  It's your right  How do we make a difference?  In the news!  Safety in numbers  Why pay taxes?	What makes me ME!  Making choices  SCARF hotel  Harold's Seven Rs  My school community (1)  Basic first aid	Moving house  My feelings are all over the place!  Secret or surprise?  Together

	Collaboration Challenge!	Qualities of friendship	<u>Spot bullying</u>	What's the story?	<u>It all adds up!</u> Different skills	How are they feeling?
	Give and take	Kind conversations	<u>Play, like, share</u>	Fact or opinion?	My school community	<u>Taking notice of our</u> <u>feelings</u>
	How good a friend are	Happy being me	<u>Decision dilemmas</u>	Mo makes a difference	<u>(2)</u>	<u>Dear Ash</u>
Y5	Relationship cake	<u>The land of the Red</u> <u>People</u>	Ella's diary dilemma	Rights, respect and duties	Independence and responsibility	Help! I'm a teenager - get me out of here!
	<u>recipe</u>	<u>ls it true?</u>	<u>Vaping: healthy or</u> <u>unhealthy?</u>	Spending wisely	<u>Star qualities?</u>	School Nurse: Puberty,
	Our emotional needs	Stop, start, stereotypes	Would you risk it?	<u>Lend us a fiver!</u>	Basic first aid, including Sepsis Awareness	Growing Up and Changing Bodies.
	Being assertive					Preparing for Puberty.
	Working together	OK to be different	<u>Think before you click!</u>	Two sides to every story	This will be your life!	<u>l look great!</u>
	Let's negotiate	We have more in	<u>To share or not to</u> <u>share?</u>	<u>Fakebook friends</u>	Our recommendations	Media manipulation
	Solve the friendship	common than not  Respecting differences	<u>Rat Park</u>	What's it worth?	What's the risk? (1)	<u>Pressure online</u>
Y6	<u>problem</u>	Tolerance and respect	What sort of drug is?	Happy shoppers - caring for the environment	What's the risk? (2)	Helpful or unhelpful?  Managing change
10	Behave yourself	for others	<u>Drugs: it's the law!</u>	Democracy in Britain 1 -	Basic first aid, including Sepsis Awareness	Is this normal?
	Assertiveness skills	Advertising friendships!	Alcohol: what is normal?	<u>Elections</u>	Five Ways to Wellbeing	School Nurse: Puberty,
	Don't force me  Acting appropriately	Boys will be boys? - challenging gender		<u>Democracy in Britain 2 -</u> <u>How (most) laws are</u>	project	Growing Up and Changing Bodies.
	Acting appropriately	<u>stereotypes</u>		<u>made</u>		<u>Preparing foPuberty.</u>