

When teaching PSHCE using the CORAM-SCARF scheme, there are 6 main strands with a block of key skills that must be taught for each one.

Me and My Relationships

Valuing Difference

Keeping Myself Safe

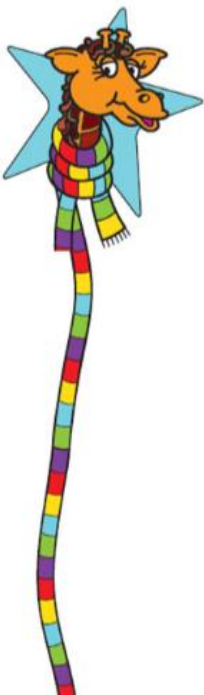
Rights and Responsibilities

Being My Best

Growing and Changing

In each of the strands, children will learn about:

- Me and My Relationships - the skills needed for friendships and team work. They will think about people who are special to us and who we can turn to for help, when needed.
- Valuing Difference – the importance of celebrating our differences by exploring what we have in common with others, what makes us different, and the positive things about this. They will also focus on thinking about the positive differences that respect, tolerance and kindness - both face-to-face and online - can make to every one of us within our community.
- Keeping Myself Safe – the rules and laws of their country plus the different ways they can keep themselves safe, including online through social media, apps and gaming sites. They'll be learning skills in assertiveness, recognising the influence of friends, and also how to think critically about the decisions they can make to help themselves manage risks safely both with and without an adult.
- Rights and Responsibilities – how they can help to look after the environment both locally and globally. They'll also be thinking about how to manage money (economic education) and the changing rights and responsibilities they have as they grow older.
- Being my Best – how to set achievable and aspirational goals whilst at the same time developing positive strategies to help them achieve their potential, through a positive growth mindset approach. They'll also learn about taking care of themselves and their wellbeing, physically and mentally – including good hygiene, healthy eating, sleep routines and managing screen time.
- Growing and Changing - the physical and emotional changes that happen to children as they grow older, including changes at puberty and how to approach this with confidence. Y6 will also have to option to attend a Sex Education lesson in line with current UK Government policies.



At Usworth Colliery Primary School, we use the SCARF (Safety Caring Achievement Resilience Friendship) scheme of work. We decided on this scheme because it provides a whole-school approach to delivering quality PSHCE lessons that encompasses our school intent as well as promoting good behaviour, safety, achievement, wellbeing and happiness. It is a spiral curriculum ensuring that substantive and disciplinary knowledge is revisited continually and knowledge can be retrieved daily. It is also mapped to the PSHE Association programmes of study and meets the current DoE statutory requirements for SMSC and the British Values. As a staff, we believe that this scheme will equip our children with the skills to become respectful, tolerant and active members of society who will be able to spot risky behaviours and have the confidence and flexibility in their thinking to challenge social justice and the cultural capital.

As a staff, we understand that PSHCE needs to be taught at the point of learning and that opportunities to discuss PSHCE can arise at any point during the school day. PSHCE is taught discretely through and in other subjects and curriculum areas; through pastoral care and guidance carried out by the class teacher or the THRIVE behaviour team; in dedicated PSHCE activities and school events or through assemblies.

By the end of each unit, children should be able to recall, explain and show how they can manage the following skills.

Substantive knowledge in our SCARF scheme is threaded throughout each strand – it is a progressive and spiral curriculum. We believe disciplinary knowledge in PSHCE is the social and emotional skills the children acquire, plus the interpretation of themselves within the wider world and how to support themselves and others through changes.

RECEPTION

Reception	Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Responsibilities	Being My Best	Growing and Changing
	<p>Me and My Relationships</p> <ul style="list-style-type: none"> • I can talk about myself and how I am an individual. • I can talk about special people in my life. • I can express and describe different feelings. 	<p>Valuing Difference</p> <ul style="list-style-type: none"> • I know other people can feel different things to me. • I can use speaking and listening skills to learn about the lives of my friends. • I can show kindness towards others. 	<p>Keeping Myself Safe</p> <ul style="list-style-type: none"> • I can talk about how to keep my body and brain healthy and safe. • I can talk about how to stay safe around medicines. • I know how to stay safe in different places (school, home, roads). 	<p>Rights and Responsibilities</p> <ul style="list-style-type: none"> • I understand that I can make a difference. • I know how to be respectful of other people. 	<p>Being my Best</p> <ul style="list-style-type: none"> • I can show some resilience in my learning. • I can persevere when problem-solving. • I can talk about some ways I can be healthy. 	<p>Growing and Changing</p> <ul style="list-style-type: none"> • I understand that there are changes in nature and humans. • I can talk about the different stages in childhood and growing up.

Year 1

Me and My Relationships

Valuing Difference

Keeping Myself Safe

Rights and Responsibilities

Being My Best

Growing and Changing

Me and My Relationships

- I understand why we have rules.
- I can identify some of my feelings.
- I can explain how some people can help us.

Valuing Difference

- I can name some differences and similarities between people.
- I can explain the difference between kind and unkind behaviour.

Keeping Myself Safe

- I can talk about the ways I can stay healthy (diet, sleep).
- I understand that medicines can sometimes make people feel better when they're ill.
- I understand the Underpants Rule and know which parts should be private.

Rights and Responsibilities

- I understand the importance of regular hygiene.
- I understand the importance of looking after something (pet, plant, object).
- I can list some things that families might spend money on.

Being my Best

- I understand how germs can be spread.
- I understand that learning a new skill takes practise.
- I can give and receive positive praise.

Growing and Changing

- I understand the basic needs of a baby (and myself).
- I can name the things I could do as a baby, a toddler and can do now.
- I can identify situations as being secrets or surprises.

Me and My Relationships

- I can suggest ways to make my classroom a better place.
- I can identify the difference between bullying and teasing and give examples.
- I can suggest ways I can be a good friend.

Valuing Difference

- I can identify some of the physical and non-physical differences and similarities between people.
- I can explain how my person's behaviour can affect other people.
- I can suggest ways to help deal positively with a common situation.

Keeping Myself Safe

- I can identify safe and unsafe situations and know how to react to keep myself safe.
- I can talk about some touches are not fun and can hurt or be upsetting.
- I can name some people I can talk to if I feel unhappy, scared or worried.

Rights and Responsibilities

- I can talk about ways I can deal with impulsive behaviour.
- I can make suggestions to improve an area (the school, local area).
- I understand that money can be spent on items which are essential or non-essential.

Being my Best

- I can help myself and others develop a positive attitude.
- I can describe simple hygiene routines.

Growing and Changing

- I can identify different stages of growth (e.g. baby, toddler, child, teenager, adult).
- I can identify which parts of the human body are private.

Me and My Relationships

- I can explain why we have different rules for different age groups.
- I understand the feeling of loss and how to deal with it.
- I can identify what a good friend is and that no-one has the right to force them to do a dare.

Valuing Difference

- I understand that there are lots of different types of families.
- I can identify similarities and differences between a diverse range of people from varying national, regional, ethnic and religious backgrounds.

Keeping Myself Safe

- I can explain the difference between, and identify 'danger' and 'risk'.
- I can identify some key risks from and effects of cigarettes and alcohol.

Rights and Responsibilities

- I recognise what a volunteer is and why volunteering is important.
- I can talk about the different methods of looking after the school environment.
- I recognise that there are times we can buy items we want and times when we need to save for items.

Being my Best

- I can explain how each of the foods on the **Eatwell Guide** benefits my body.
- I can explain how simple hygiene routines can help to reduce the risk/spread of infectious illnesses.
- I can identify my achievements and areas of development.

Growing and Changing

- I can identify different types of relationships.
- I understand what is meant by the term personal space.
- I can define the terms 'secret' and 'surprise' and know the difference between safe/unsafe secrets.

Me and My Relationships

- I can identify when a friendship is not healthy.
- I can identify a wider range of feelings.
- I understand that my feelings might change towards someone or something.

Valuing Difference

- I can define the words 'negotiation' and 'compromise'.
- I know that I have different types of relationships with people (friend/acquaintance).
- I can list some of the ways in which people are different to each other.

Keeping Myself Safe

- I can explain the difference between 'danger', 'risk' and 'hazard'.
- I know that medicines are drugs and the explain safety issues for medicine use.
- I know some of the key risks around smoking and vaping.

Rights and Responsibilities

- I can explain how different people help me stay safe.
- I can identify some of my own rights and responsibilities.
- I understand that some reports in the media can influence the way I think about something.
- I understand the terms 'income' and 'expenditure' (expenses).

Being my Best

- I can identify ways in which everyone is unique.
- I know that that there are times when my own choices may be the same as my friends.
- I can suggest ways in which different people support the school community.

Growing and Changing

- I can describe some of the changes that happen to people during their lives.
- I can name some positive and negative feelings.
- I can define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret.

Me and My Relationships

- I can describe strategies for resolving difficult issues or situation (negotiation and compromise).
- I can give examples of some key qualities of friendship and what makes an 'unhealthy' friendship.
- I can identify some passive, aggressive and assertive behaviours.

Valuing Difference

- I can demonstrate respectfulness in responding to others.
- I understand 'discrimination' and the benefits of growing up in a diverse society.

Keeping Myself Safe

- **I can explain what a habit is.**
- I recognise when situations are risky and can weigh up risk factors when making a decision.
- I can identify risk factors in a given situation (smoking/alcohol) and understand the actual norms around it.

Rights and Responsibilities

- I can understand the difference between a fact and an opinion and express my own opinion on an issue.
- I can define the differences between responsibilities, rights and duties.
- I can suggest advice for situations involving personal finance (lending/owing money).

Being my Best

- I can explain the importance of food, water, oxygen, sleep and exercise for the human body.
- I can identify my own strengths and talents and suggest ways in which I can improve.
- I can explain what being part of a school community means to them.
- Recognise that the way people are portrayed in the media isn't always an accurate reflection of them in real life

Growing and Changing

- I know the correct words for the external sexual organs.
- I know what puberty is and why it happens.
- I am aware of some of the myths surrounding puberty and menstruation.
- I can explain the difference between a safe and an unsafe secret.

Me and My Relationships

- I can work collaboratively on a task.
- I can recognise peer influence and pressure.
- I understand that everyone has the right to be free to choose who/ whether to marry.
- I recognise that some types of physical contact can produce strong negative feelings.

Valuing Difference

- I recognise that bullying/discriminatory behaviour can result from disrespect of people's differences.
- I understand the term prejudice.
- I can explain the importance of mutual respect for different faiths and beliefs and how to demonstrate this.
- I understand the term stereotype.

Keeping Myself Safe

- I can define and can demonstrate an understanding of addiction.
- I understand that drugs can be categorised into different groups (medical and legal).
- I understand the effects and risks of drinking alcohol.

Rights and Responsibilities

- Define the terms 'fact', 'opinion', 'biased' and 'unbiased', explaining the difference between them.
- Describe the different ways money can be saved, outlining the pros and cons of each method.
- Recognise and explain that different jobs have different levels of pay.

Being my Best

- I can identify aspirational goals.
- I can identify risk factors in a given situation.
- I understand the risks related to growing up and can explain the need to be aware of these.

Growing and Changing

- I recognise some of the changes they have experienced and their emotional responses to those changes.
- I can define what is meant by the term stereotype.
- I recognise how the media can sometimes reinforce gender stereotypes.
- I can identify the changes that happen through puberty to allow sexual reproduction to occur.