

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 unit titles	<u>Autumn 1</u> Me and my Relationships	<u>Autumn 2</u> Valuing Difference	<u>Spring 1</u> Keeping Safe	<u>Spring 2</u> Rights and Respect	<u>Summer 1</u> Being my Best	<u>Summer 2</u> Growing and Changing
Nursery	<ul style="list-style-type: none"> ○ Marvellous me! ○ I'm special ○ People who are special to me 	<ul style="list-style-type: none"> ○ Me and my friends ○ Friends and family ○ Including everyone 	<ul style="list-style-type: none"> ○ People who help me and keep me safe ○ Safety indoors and outdoors ○ What's safe to go into my body 	<ul style="list-style-type: none"> ○ Looking after myself ○ Looking after others ○ Looking after my environment 	<ul style="list-style-type: none"> ○ What does my body need? ○ I can keep trying ○ I can do it! 	<ul style="list-style-type: none"> ○ Growing and changing in nature ○ When I was a baby ○ Girls, boys and families
Reception	<ul style="list-style-type: none"> ○ What makes me special ○ People close to me ○ Getting help 	<ul style="list-style-type: none"> ○ Similarities and difference ○ Celebrating difference ○ Showing kindness 	<ul style="list-style-type: none"> ○ Keeping my body safe ○ Safe secrets and touches ○ People who help to keep us safe 	<ul style="list-style-type: none"> ○ Looking after things: friends, environment, money 	<ul style="list-style-type: none"> ○ Keeping by body healthy – food, exercise, sleep ○ Growth Mindset 	<ul style="list-style-type: none"> ○ Cycles ○ Life stages ○ Girls and boys – similarities and difference
Year 1	<ul style="list-style-type: none"> ○ Feelings ○ Getting help ○ Classroom rules ○ Special people ○ Being a good friend 	<ul style="list-style-type: none"> ○ Recognising, valuing and celebrating difference ○ Developing respect and accepting others ○ Bullying and getting help 	<ul style="list-style-type: none"> ○ How our feelings can keep us safe – including online safety ○ Safe and unsafe touches ○ Medicine Safety ○ Sleep 	<ul style="list-style-type: none"> ○ Taking care of things: <ul style="list-style-type: none"> ○ Myself ○ My money ○ My environment 	<ul style="list-style-type: none"> ○ Growth Mindset ○ Healthy eating ○ Hygiene and health ○ Cooperation 	<ul style="list-style-type: none"> ○ Getting help ○ Becoming independent ○ My body parts ○ Taking care of self and others
Year 2	<ul style="list-style-type: none"> ○ Bullying and teasing ○ Our school rules about bullying ○ Being a good friend 	<ul style="list-style-type: none"> ○ Being kind and helping others ○ Celebrating difference ○ People who help us ○ Listening Skills 	<ul style="list-style-type: none"> ○ Safe and unsafe secrets ○ Appropriate touch 	<ul style="list-style-type: none"> ○ Cooperation ○ Self-regulation ○ Online safety ○ Looking after money – saving and spending 	<ul style="list-style-type: none"> ○ Growth Mindset ○ Looking after my body ○ Hygiene and health ○ Exercise and sleep 	<ul style="list-style-type: none"> ○ Life cycles ○ Dealing with loss ○ Being supportive ○ Growing and changing ○ Privacy

	<ul style="list-style-type: none"> Feelings/self-regulation 		<ul style="list-style-type: none"> Medicine safety 			
Year 3	<ul style="list-style-type: none"> Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss 	<ul style="list-style-type: none"> Recognising and respecting diversity Being respectful and tolerant My community 	<ul style="list-style-type: none"> Managing risk Decision-making skills Drugs and their risks Staying safe online 	<ul style="list-style-type: none"> Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money 	<ul style="list-style-type: none"> Keeping myself healthy and well Celebrating and developing my skills Developing empathy 	<ul style="list-style-type: none"> Relationship tree Body space None of your business! Secret or surprise? My changing body (Moved to Y4) Basic first aid
Year 4	<ul style="list-style-type: none"> Healthy relationships Listening to feelings Bullying Assertive skills 	<ul style="list-style-type: none"> Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes 	<ul style="list-style-type: none"> Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences Online safety 	<ul style="list-style-type: none"> Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money 	<ul style="list-style-type: none"> Having choices and making decisions about my health Taking care of my environment My skills and interests 	<ul style="list-style-type: none"> My changing body (Taken from Y3) Moving house My feelings are all over the place! All change! Preparing for changes at puberty (formerly Period positive/preparing for periods) (Moved to Y5) Secret or surprise? Together
Year 5	<ul style="list-style-type: none"> Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs 	<ul style="list-style-type: none"> Recognising and celebrating difference, including religions and cultural Influence and pressure of social media 	<ul style="list-style-type: none"> Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills 	<ul style="list-style-type: none"> Rights, respect and duties relating to my health Making a difference Decisions about lending, borrowing and spending 	<ul style="list-style-type: none"> Growing independence and taking ownership Keeping myself healthy Media awareness and safety My community 	<ul style="list-style-type: none"> How are they feeling? Taking notice of our feelings Dear Ash Growing up and changing bodies (Removed after consultation) Preparing for changes at puberty (formerly Period positive/preparing for periods)* Moved from Y4 Help! I'm a teenager - get me out of here! Dear Hetty

<p>Year 6</p>	<ul style="list-style-type: none"> ○ Assertiveness ○ Cooperation ○ Safe/unsafe touches ○ Positive relationships 	<ul style="list-style-type: none"> ○ Recognising and celebrating difference ○ Recognising and reflecting on prejudice-based bullying ○ Understanding Bystander behaviour ○ Gender stereotyping 	<ul style="list-style-type: none"> ○ Understanding emotional needs ○ Staying safe online ○ Drugs: norms and risks (including the law) 	<ul style="list-style-type: none"> ○ Understanding media bias, including social media ○ Caring: communities and the environment ○ Earning and saving money ○ Understanding democracy 	<ul style="list-style-type: none"> ○ Aspirations and goal setting ○ Managing risk ○ Looking after my mental health 	<ul style="list-style-type: none"> ○ I look great! ○ Media manipulation ○ Pressure online ○ Helpful or unhelpful? ○ Managing change ○ Is this normal? ○ Making babies ○ What is HIV? ○ (Removed after consultation)
----------------------	---	--	--	--	---	---