

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)

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 special People close to me Getting help	Similarities and difference Celebrating difference Showing kindness	Keeping my body safe People who help to keep us safe	Looking after things: friends, environment (world and immediate)	Keeping by body healthy – food, exercise, sleep Growth Mindset	Cycles Life stages Safe secrets and touches (NSPCC PANTS)
Y1	Feelings Classroom rules Special people Being a good friend	Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help	How our feelings can keep us safe – including online safety Safe and unsafe touches Medicine Safety Getting help	Taking care of things: Myself My money My environment	Growth Mindset Healthy eating Hygiene and health Cooperation	Becoming independent My body parts Taking care of self and others
Y2	Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Being kind and helping others Celebrating difference Listening Skills My Special People Dealing with loss	Safe and unsafe secrets Appropriate touch People who help us Medicine safety	Cooperation Self-regulation Online safety Looking after money – saving and spending Basic First Aid	Growth Mindset Being supportive Looking after my body Hygiene and health Exercise and sleep	Growing and changing Privacy Body parts (inc. external genitalia)
Y3	Rules and their purpose Cooperation Friendship (including respectful relationships) Looking after others	Recognising and respecting diversity Being respectful and tolerant My community	Managing risk Decision-making skills Drugs and their risks Staying safe online	Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money	Keeping myself healthy and well Celebrating and developing my skills Developing empathy	Relationships Changing bodies Keeping safe Safe and unsafe secrets Basic First Aid
Y4	Healthy relationships Listening to feelings Bullying Assertive skills	Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes	Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences Online safety	Making a difference (different ways of helping others or the environment) Who keeps us safe? Media influence Decisions about spending money	Having choices and making decisions about my health Taking care of my environment My skills and interests Volunteering	Managing difficult feelings/change Relationships including marriage
Y5	Feelings Friendship skills, including compromise Assertive skills Cooperation	Recognising and celebrating difference, including religions and cultural Influence and pressure of social media	Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol)	Distinguishing between facts and opinions Rights and responsibilities relating to my health Making a difference	Growing independence and taking responsibility Keeping myself healthy Media awareness and safety My community	Managing difficult feelings Managing change (puberty and changing bodies)

	Recognising emotional needs	Recognising own qualities	Decision-making skills Bullying	Local environment and councils		How my feelings help keeping safe
Y6	Assertiveness Cooperation Positive relationships and behaviour (including forced marriages and coercive control)	Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour Gender stereotyping	Understanding emotional needs Staying safe online (including sharing images) Risk management Drugs: norms and risks (including the law)	Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy	Aspirations and goal setting Managing risk Looking after my mental health	Coping with changes Keeping safe Body Image Self-esteem