

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

‘Taking Care: Protective Behaviours’ curriculum incorporated within provision mapping each Autumn Term

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

EYFS		What makes me special People close to me Getting help	Similarities and difference Celebrating difference Showing kindness	Keeping my body safe Safe secrets and touches People who help to keep us safe	Looking after things: friends, environment, money	Keeping by body healthy – food, exercise, sleep Growth Mindset	Cycles Life stages
Y1 & 2	Cycle A	Feelings Getting help Classroom rules Special people Being a good friend scarf/year/Y1/1	How our feelings can keep us safe – including online safety Medicine Safety Sleep /scarf/year/Y1/3	Being kind and helping others Celebrating difference People who help us Listening Skills /scarf/year/Y2/2	Cooperation Self-regulation Online safety Looking after money – saving and spending scarf/year/Y2/4	Getting help Becoming independent My body parts Taking care of self and others /scarf/year/Y1/6	Growth Mindset Healthy eating Hygiene and health Cooperation scarf/year/Y1/5
	Cycle B	Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation scarf/year/Y2/1	Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help /scarf/year/Y1/2	Medicine safety Citizenship scarf/year/Y2/3	Life cycles Dealing with loss Being supportive Growing and changing Privacy /scarf/year/Y2/5	Growth Mindset Looking after my body Hygiene and health Exercise and sleep scarf/year/Y2/5	Taking care of things: Myself My money My environment /scarf/year/Y1/4
Y3 & Y4	Cycle A	Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss scarf/year/Y3/1	Having choices and making decisions about my health Taking care of my environment My skills and interests scarf/year/Y4/5	Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money /scarf/year/Y4/4	Keeping myself healthy and well Celebrating and developing my skills Developing empathy /scarf/year/Y3/5	Managing risk Decision-making skills Drugs and their risks Staying safe online /scarf/year/Y3/3	Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets scarf/year/Y3/6

	Cycle B	Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes scarf/year/Y4/2	Healthy relationships Listening to feelings Bullying Assertive skills scarf/year/Y4/1	Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money scarf/year/Y3/4	Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences Online safety scarf/year/Y4/3	Recognising and respecting diversity Being respectful and tolerant My community scarf/year/Y3/2	Body changes during puberty Managing difficult feelings Relationships including marriage scarf/year/Y4/6
Y5 & Y6	Cycle A	Recognising and celebrating difference, including religions and cultural Influence and pressure of social media scarf/year/Y5/2	Assertiveness Cooperation Safe/unsafe touches Positive relationships scarf/year/Y6/1	Understanding emotional needs Staying safe online Drugs: norms and risks (including the law) scarf/year/Y6/3	Aspirations and goal setting Managing risk Looking after my mental health scarf/year/Y6/5	Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills scarf/year/Y5/3	Managing difficult feelings Managing change How my feelings help keeping safe Getting help Sex Education as Y6 scarf/year/Y5/6
	Cycle B	Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs scarf/year/Y5/1	Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour Gender stereotyping scarf/year/Y6/2	Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy scarf/year/Y6/4	Rights and responsibilities Rights and responsibilities relating to my health Making a difference Decisions about lending, borrowing and spending scarf/year/Y5/4	Growing independence and taking responsibility Keeping myself healthy Media awareness and safety My community scarf/year/Y5/5	Coping with changes Keeping safe Body Image Sex education Self-esteem Sex Education as Y6 scarf/year/Y6/6