



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

(Units include lesson plans that cover all the DfE statutory requirements for Relationships Education and Health Education. Protective Behaviours unit already established in school)

Year/Half-termly unit titles	1 Protective Behaviours/ Keep safe	2 Me and my Relationships	3 Valuing Difference	4 Rights and Responsibilities	5 Growing and Changing	6 Being my Best
EYFS	Keeping my body safe Safe secrets and touches People who help to keep us safe Rule of Law	What makes me special People close to me Getting help Respect, Tolerance	Similarities and difference Celebrating difference Showing kindness Respect, Tolerance	Looking after things: friends, environment, money Individual liberty	Cycles Life stages	Keeping by body healthy – food, exercise, sleep Growth Mindset
Y1	How our feelings can keep us safe – including online safety Safe and unsafe touches Medicine Safety Sleep Rule of Law	Feelings Getting help Classroom rules Special people Being a good friend Respect	Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help Respect, Tolerance	Taking care of things: Myself My money My environment	Getting help Becoming independent My body parts Taking care of self and others Respect	Growth Mindset Healthy eating Hygiene and health Cooperation
Y2	Safe and unsafe secrets Appropriate touch Medicine safety	Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation Respect, Tolerance	Being kind and helping others Celebrating difference People who help us Listening Skills Respect	Cooperation Self-regulation Online safety Looking after money – saving and spending Individual liberty	Life cycles Dealing with loss Being supportive Growing and changing Privacy Respect	Growth Mindset Looking after my body Hygiene and health Exercise and sleep
Y3	Managing risk Decision-making skills Drugs and their risks Staying safe online Rule of Law	Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss Respect	Recognising and respecting diversity Being respectful and tolerant My community Respect, Tolerance	Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money Respect	Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets	Keeping myself healthy and well Celebrating and developing my skills Developing empathy
Y4	Managing risk Understanding the norms of drug use (cigarette & alcohol use) Influences Online safety Rule of Law	Healthy relationships Listening to feelings Bullying Assertive skills Respect, Tolerance	Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes Respect, Tolerance	Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money Democracy, Rule of Law	Body changes during puberty Managing difficult feelings Relationships including marriage Respect	Having choices and making decisions about my health Taking care of my environment My skills and interests
Y5	Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills Rule of Law	Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs Respect, Tolerance	Recognising and celebrating difference, including religions and cultural Influence and pressure of social media Respect, Tolerance	Rights and responsibilities Rights and responsibilities relating to my health Making a difference Decisions about lending, borrowing and spending Democracy Individual liberty	Managing difficult feelings Managing change How my feelings help keeping safe Getting help Respect	Growing independence and taking responsibility Keeping myself healthy Media awareness and safety My community Individual liberty

<p>Y6</p>	<p>Understanding emotional needs Staying safe online Drugs: norms and risks (including the law) Rule of Law</p>	<p>Assertiveness Cooperation Safe/unsafe touches Positive relationships Rule of Law</p>	<p>Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour Gender stereotyping Respect</p>	<p>Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy Democracy</p>	<p>Coping with changes Keeping safe Body Image Sex education Self-esteem</p>	<p>Aspirations and goal setting Managing risk Looking after my mental health</p>
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