

# PSHE Curriculum

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<p>Our PSHE and Wellbeing curriculum is delivered through the programme 'SCARF' – Safety, Caring, Achievement, Resilience, Friendship. Each year group covers the same overarching theme for the term, with age appropriate differentiated content.</p>						
Reception	<p><i>Me and My Relationships:</i></p> <ul style="list-style-type: none"> <li>All about me</li> <li>What makes me special?</li> <li>Me and my special people</li> <li>Who can help me?</li> <li>My feelings</li> </ul>	<p><i>Valuing Difference:</i></p> <ul style="list-style-type: none"> <li>I'm special, you're special</li> <li>Same and different</li> <li>Same and different families</li> <li>Same and different homes</li> <li>I am caring</li> <li>I am a friend</li> </ul>	<p><i>Keeping Safe:</i></p> <ul style="list-style-type: none"> <li>What's safe to go onto my body</li> <li>Keeping myself safe – what's safe to go into my body? (inc. medicines)</li> <li>Safe indoors and outdoors</li> <li>Listening to my feelings</li> <li>Keeping safe online</li> <li>People who help to keep me safe</li> </ul>	<p><i>Rights and Respect:</i></p> <ul style="list-style-type: none"> <li>Looking after my special people</li> <li>Looking after my friends</li> <li>Being helpful at home and caring for our classroom</li> <li>Caring for our world</li> <li>Looking after money (1): recognising, spending, using</li> <li>Looking after money (2): saving money and keeping it safe</li> </ul>	<p><i>Being my Best:</i></p> <ul style="list-style-type: none"> <li>Bouncing back when things go wrong</li> <li>Yes I can!</li> <li>Healthy eating</li> <li>My healthy mind</li> <li>Move your body</li> <li>A good night's sleep</li> </ul>	<p><i>Growing and Changing:</i></p> <ul style="list-style-type: none"> <li>Seasons</li> <li>Life stages – plants, animals and humans</li> <li>Life stages – Human life stage – who will I be?</li> <li>Where do babies come from?</li> <li>Getting bigger</li> <li>Me and my body – girls and boys</li> </ul>
Year 1	<p><i>Me and My Relationships:</i></p> <ul style="list-style-type: none"> <li>Why we have classroom rules</li> <li>How are you listening?</li> <li>Thinking about feelings</li> <li>Our feelings</li> <li>Feelings and bodies</li> <li>Good friends</li> </ul>	<p><i>Valuing Difference:</i></p> <ul style="list-style-type: none"> <li>Same or different?</li> <li>Unkind, tease or bully?</li> <li>Harold's school rules</li> <li>It's not fair!</li> <li>Who are our special people?</li> <li>Our special people balloons</li> </ul>	<p><i>Keeping Safe:</i></p> <ul style="list-style-type: none"> <li>Super sleep</li> <li>Who can help? (1)</li> <li>Good or bad touches?</li> <li>Sharing pictures</li> <li>What could Harold do?</li> <li>Harold loses Geoffrey</li> </ul>	<p><i>Rights and Respect:</i></p> <ul style="list-style-type: none"> <li>Harold has a bad day</li> <li>Around and about the school</li> <li>Taking care of something</li> <li>Harold's money</li> <li>How should we look after our money?</li> <li>Basic first aid</li> </ul>	<p><i>Being my Best:</i></p> <ul style="list-style-type: none"> <li>I can eat a rainbow</li> <li>Eat well</li> <li>Harold's wash and brush up</li> <li>Catch it! Bin it! Kill it!</li> <li>Harold learns to ride his bike</li> <li>Pass on the praise!</li> </ul>	<p><i>Growing and Changing:</i></p> <ul style="list-style-type: none"> <li>Healthy Me</li> <li>Then and now</li> <li>Taking care of a baby</li> <li>Who can help? (2)</li> <li>Surprises and secrets</li> <li>Keeping privates private</li> </ul>
Year 2	<p><i>Me and My Relationships:</i></p>	<p><i>Valuing Difference:</i></p>	<p><i>Keeping Safe:</i></p> <ul style="list-style-type: none"> <li>Harold's picnic</li> </ul>	<p><i>Rights and Respect:</i></p>	<p><i>Being my Best:</i></p> <ul style="list-style-type: none"> <li>You can do it!</li> </ul>	<p><i>Growing and Changing:</i></p> <ul style="list-style-type: none"> <li>A helping hand</li> </ul>

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	<ul style="list-style-type: none"> <li>• Our ideal classroom</li> <li>• How are you feeling today?</li> <li>• Let's all be happy</li> <li>• Being a good friend</li> <li>• Types of bullying</li> <li>• Don't do that!</li> </ul>	<ul style="list-style-type: none"> <li>• What makes us who we are?</li> <li>• My special people</li> <li>• How do we make others feel?</li> <li>• When someone is feeling left out</li> <li>• An act of kindness</li> <li>• Solve the problem</li> </ul>	<ul style="list-style-type: none"> <li>• How safe would you feel?</li> <li>• What should Harold say?</li> <li>• I don't like that!</li> <li>• Fun or not?</li> <li>• Should I tell?</li> </ul>	<ul style="list-style-type: none"> <li>• Getting on with others</li> <li>• When I feel like erupting</li> <li>• Feeling safe</li> <li>• Playing games</li> <li>• Harold saves for something special</li> <li>• How can we look after our environment?</li> </ul>	<ul style="list-style-type: none"> <li>• My day</li> <li>• Harold's postcard – helping us to keep clean and healthy</li> <li>• Harold's bathroom</li> <li>• What does my body do?</li> <li>• Basic first aid</li> </ul>	<ul style="list-style-type: none"> <li>• Sam moves away</li> <li>• Haven't you grown!</li> <li>• My body, your body</li> <li>• Respecting privacy</li> <li>• Some secrets should never be kept</li> </ul>
<b>Year 3</b>	<p><i>Me and My Relationships:</i></p> <ul style="list-style-type: none"> <li>• Looking after our special people</li> <li>• How can we solve this problem?</li> <li>• Friends are special</li> <li>• Thanks</li> <li>• Dan's Dare</li> </ul>	<p><i>Valuing Difference:</i></p> <ul style="list-style-type: none"> <li>• Respect and challenge</li> <li>• Family and friends</li> <li>• My community</li> <li>• Our friends and neighbours</li> <li>• Let's celebrate our differences</li> </ul>	<p><i>Keeping Safe:</i></p> <ul style="list-style-type: none"> <li>• Safe or unsafe?</li> <li>• Danger or Risk?</li> <li>• The risk robot</li> <li>• Super searcher</li> <li>• Help or harm?</li> <li>• Alcohol and cigarettes: the facts</li> </ul>	<p><i>Rights and Respect:</i></p> <ul style="list-style-type: none"> <li>• Helping each other to stay safe</li> <li>• Our helpful volunteers</li> <li>• Can Harold afford it?</li> <li>• Earning money</li> <li>• Harold's environment project</li> </ul>	<p><i>Being my Best:</i></p> <ul style="list-style-type: none"> <li>• Derek cooks dinner! (healthy eating)</li> <li>• Poor Harold!</li> <li>• Body teamwork</li> <li>• For or against?</li> <li>• I am fantastic</li> <li>• Top talents</li> </ul>	<p><i>Growing and Changing:</i></p> <ul style="list-style-type: none"> <li>• Relationship tree</li> <li>• Body space</li> <li>• None of your business!</li> <li>• Secret or surprise?</li> <li>• My changing body</li> <li>• Basic first aid</li> </ul>
<b>Year 4</b>	<p><i>Me and My Relationships:</i></p> <ul style="list-style-type: none"> <li>• Human machines</li> <li>• Ok or not ok? (1)</li> <li>• Ok or not ok? (2)</li> <li>• An email from Harold!</li> <li>• Different feelings</li> <li>• When feelings change</li> <li>• Under pressure</li> </ul>	<p><i>Valuing Difference:</i></p> <ul style="list-style-type: none"> <li>• Can you sort it?</li> <li>• What would I do?</li> <li>• The people we share our world with</li> <li>• That is such a stereotype!</li> <li>• Friend or acquaintance?</li> <li>• Islands</li> </ul>	<p><i>Keeping Safe:</i></p> <ul style="list-style-type: none"> <li>• Danger, risk or hazard?</li> <li>• How dare you!</li> <li>• Keeping ourselves safe</li> <li>• Picture wise</li> <li>• Medicines: check the label</li> <li>• Know the norms</li> <li>• Traffic lights</li> </ul>	<p><i>Rights and Respect:</i></p> <ul style="list-style-type: none"> <li>• Who helps us stay healthy and safe?</li> <li>• It's your right</li> <li>• How do we make a difference?</li> <li>• In the news!</li> <li>• Safety in numbers</li> <li>• Why pay taxes?</li> </ul>	<p><i>Being my Best:</i></p> <ul style="list-style-type: none"> <li>• What makes me ME!</li> <li>• Making choices</li> <li>• SCARF hotel</li> <li>• Harold's seven Rs</li> <li>• My school community (1)</li> <li>• Basic first aid</li> <li>• Volunteering is cool</li> </ul>	<p><i>Growing and Changing:</i></p> <ul style="list-style-type: none"> <li>• Moving house</li> <li>• My feelings are all over the place!</li> <li>• All change!</li> <li>• Preparing for changes at puberty</li> <li>• Secret or surprise?</li> <li>• Together</li> </ul>

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<p><b>Year 5</b></p>	<p><i>Me and My Relationships:</i></p> <ul style="list-style-type: none"> <li>• Collaboration challenge!</li> <li>• Give and take</li> <li>• How good a friend are you?</li> <li>• Relationship cake recipe</li> <li>• Our emotional needs</li> <li>• Being assertive</li> </ul>	<p><i>Valuing Difference:</i></p> <ul style="list-style-type: none"> <li>• Qualities of friendship</li> <li>• Kind conversations</li> <li>• Happy being me</li> <li>• The Land of the Red People</li> <li>• Is it true?</li> <li>• Stop, start, stereotypes</li> </ul>	<p><i>Keeping Safe:</i></p> <ul style="list-style-type: none"> <li>• Stop bullying!</li> <li>• Play, like, share</li> <li>• Decision dilemma</li> <li>• Ella's diary dilemma</li> <li>• Vaping: healthy or unhealthy?</li> <li>• Would you risk it?</li> <li>• 'Thinking' about habits</li> <li>• Drugs: true or false?</li> </ul>	<p><i>Rights and Respect:</i></p> <ul style="list-style-type: none"> <li>• What's the story?</li> <li>• Fact or opinion?</li> <li>• Mo makes a difference</li> <li>• Rights, respect and duties</li> <li>• Spending wisely</li> <li>• Lend us a fiver!</li> <li>• Local councils</li> </ul>	<p><i>Being my Best:</i></p> <ul style="list-style-type: none"> <li>• It all adds up!</li> <li>• Different skills</li> <li>• My school community (2)</li> <li>• Independence and responsibility</li> <li>• Star qualities?</li> <li>• Basic first aid, incl. Sepsis awareness</li> </ul>	<p><i>Growing and Changing:</i></p> <ul style="list-style-type: none"> <li>• How are they feeling?</li> <li>• Taking notice of our feelings</li> <li>• Dear Ash</li> <li>• Growing up and changing bodies</li> <li>• Changing bodies and feelings</li> <li>• Help! I'm a teenager – get me out of here!</li> </ul>
<p><b>Year 6</b></p>	<p><i>Me and My Relationships:</i></p> <ul style="list-style-type: none"> <li>• Working together</li> <li>• Solve the friendship problem</li> <li>• Behave yourself</li> <li>• Assertiveness skills</li> <li>• Don't force me</li> <li>• Acting appropriately</li> </ul>	<p><i>Valuing Difference:</i></p> <ul style="list-style-type: none"> <li>• Ok to be different</li> <li>• We have more in common than not</li> <li>• Respecting differences</li> <li>• Tolerance and respect for others</li> <li>• Advertising friendship!</li> <li>• Boys will be boys? Challenging gender stereotypes</li> </ul>	<p><i>Keeping Safe:</i></p> <ul style="list-style-type: none"> <li>• Think before you click</li> <li>• To share or not to share?</li> <li>• Rat park</li> <li>• What sort of drug is...?</li> <li>• Drugs: it's the law!</li> <li>• Alcohol: what is normal?</li> <li>• Joey's story (parts 1 and 2)</li> </ul>	<p><i>Rights and Respect:</i></p> <ul style="list-style-type: none"> <li>• Two sides to every story</li> <li>• Fakebook friends</li> <li>• What's it worth?</li> <li>• Happy shoppers – caring for the environment</li> <li>• Democracy in Britain – elections</li> <li>• Democracy in Britain – how (most) laws are made</li> </ul>	<p><i>Being my Best:</i></p> <ul style="list-style-type: none"> <li>• This will be your life</li> <li>• Our recommendations</li> <li>• What's the risk? (1)</li> <li>• What's the risk? (2)</li> <li>• Basic first aid, inc. Sepsis awareness</li> <li>• Five ways to well-being project</li> </ul>	<p><i>Growing and Changing:</i></p> <ul style="list-style-type: none"> <li>• I look great!</li> <li>• Media manipulation</li> <li>• Pressure online</li> <li>• Helpful or unhelpful? Managing change</li> <li>• Is this normal?</li> <li>• Making babies (Supplemented with additional RSE content and resources)</li> </ul>