



PSHE and Wellbeing Long-term plan [based on SCARF (copyright)]

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

Year 6	<p>Understanding emotional needs. Staying safe online. Drugs: norms and risks (including the law).</p>	<p>Assertiveness. Cooperation. Safe/unsafe touches. Positive relationships.</p>	<p>Recognising and celebrating difference. Recognising / reflecting on prejudice-based bullying. Understanding bystander behaviour. Stereotyping.</p>	<p>Understanding media bias, including social media. Caring: communities and the environment. Earning / saving money. Understanding 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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