

PSHE Curriculum Map

Our curriculum is based on SCARF scheme by Coram Life Education. <https://www.coramlifeeducation.org.uk>

- Economic wellbeing
 ● Healthy minds and bodies (including feelings)
 ● Media literacy/Digital resilience
 ● Growing and changing
 ● Keeping safe (including consent)
- Wider community
 ● Bullying
 ● Relationships (family and friends)
 ● Respecting difference
 ● Drugs
 ● Conflict resolution
 ● Aspirations/achievement

(PC, S, C) Protected characteristics / Safeguarding / Consent

(PANTS)



































Lessons in italics are optional for longer terms

	AUTUMN	SPRING	SUMMER
NUR	Me and My Relationships ● Marvellous me! (PC) ● I'm special (PC) ● People who are special to me (PC)	Being My Best ● What does my body need? ● I can keep trying ● I can do it!	Keeping Safe ● People who help me and keep me safe ● Safety indoors and outdoors ● What's safe to go into my body
	Valuing Difference ● Me and my friends (PC) ● Friends and family ● Including everyone	Growing and Changing ● Growing and changing in nature ● When I was a baby ● Girls, boys and families (PANTS) (S,PC)	Rights and Respect ● Looking after myself ● Looking after others ● Looking after my environment
REC	Me and My Relationships ● All about me (PC) ● What makes me special ● Me and my special people ● Who can help me ● My feelings	Rights and Respect ● Looking after my special people ● Looking after my friends ● Being helpful at home and caring for our classroom ● Caring for our world ● Looking after money – Recognise and spending ● Looking after money – saving and keeping it safe	Growing and Changing ● Seasons ● Life stages – plants, animals and humans (PC) ● Life stages – Human life stage, who will I be? (PC) ● Getting bigger

	<p>Valuing Difference</p> <ul style="list-style-type: none"> I'm special, you're special Same and different Same and different families (PC) Same and different homes I am caring I am a friend 	<p>Keeping Safe</p> <ul style="list-style-type: none"> What's safe to go onto my body What's safe to go into my body Safe indoors and outdoors Listening to my feelings (PANTS) (C, S) Keeping safe online (S) People who help me to keep safe 	<p>Being My Best</p> <ul style="list-style-type: none"> Bouncing back when things go wrong Yes I can! Healthy eating My healthy mind Move your body A good night's sleep
YR1	<p>Me and My Relationships</p> <ul style="list-style-type: none"> Why we have classroom rules How are you listening? Thinking about feelings Our feelings Feelings and bodies Good friends 	<p>Keeping Safe</p> <ul style="list-style-type: none"> Super sleep Who can help? (S) Good or bad touches (PANTS) (S) Sharing pictures (S) What could Harold do? (S) Harold loses Geoffrey 	<p>Being My Best</p> <ul style="list-style-type: none"> I can eat a rainbow Eat well Harold's wash and brush up Catch it, Bin it, Kill it Harold learns to ride his bike Pass on the praise
	<p>Valuing Difference</p> <ul style="list-style-type: none"> Same or different Unkind, tease or bully? (S) Harold's school rules It's not fair Who are our special people? (PC) Our special people balloons 	<p>Rights and Respect</p> <ul style="list-style-type: none"> Harold has a bad day Around and about the school Taking care of something Harold's money How should we look after our money? Basic First Aid 	<p>Growing and Changing</p> <ul style="list-style-type: none"> Healthy me Then and now Taking care of a baby Who can help? Surprises and secrets (S) Keeping privates private
YR2	<p>Me and My Relationships</p> <ul style="list-style-type: none"> Our ideal classroom 1 Our Ideal classroom 2 How are you feeling today? Let's all be happy Being a good friend Types of bullying (S) Don't do that (S) Bullying or teasing? (S) 	<p>Keeping Safe</p> <ul style="list-style-type: none"> Harold's picnic (S) How safe would you feel? (S) What should Harold say? (S) I don't like that (PANTS) (S) Fun or not? (C) Should I tell? (S) 	<p>Being My Best</p> <ul style="list-style-type: none"> You can do it My day Harold's postcard – helping us to keep clean and healthy Harold's bathroom What does my body do? Basic First Aid My body needs
	<p>Valuing Difference</p> <ul style="list-style-type: none"> What makes us who we are? (PC) 	<p>Rights and Respect</p> <ul style="list-style-type: none"> Getting on with others 	<p>Growing and Changing</p> <ul style="list-style-type: none"> A helping hand

	<ul style="list-style-type: none"> My special people How do we make others feel? When someone is feeling left out An act of kindness Solve the problem 	<ul style="list-style-type: none"> When I feel like erupting Feeling safe (S) Playing games (S) Harold saves for something special How can we look after our environment? <i>Harold Goes Camping</i> 	<ul style="list-style-type: none"> Sam moves house Haven't you grown My body, your body Respecting privacy (PANTS) (C) Some secrets should never be kept (C)
YR3	<p>Me and My Relationships</p> <ul style="list-style-type: none"> As a rule (S) Looking after our special people How can we solve this problem? Friends are special Thunks Dan's dare <i>My special pet</i> <i>Tangram team challenge</i> 	<p>Keeping Safe</p> <ul style="list-style-type: none"> Safe or unsafe? Danger or risk? The risk robot Super searcher Help or harm? Alcohol and cigarettes: the facts <i>Raisin challenge</i> 	<p>Being My Best</p> <ul style="list-style-type: none"> Derek cooks dinner Poorly Harold Body teamwork For or against? I am fantastic (PC) Top talents <i>Getting on with your nerves</i>
	<p>Valuing Difference</p> <ul style="list-style-type: none"> Respect and challenge Family and friends (PC) My community Our friends and neighbour (PC) Let's celebrate our differences (PC) Zeb (PC) 	<p>Rights and Respect</p> <ul style="list-style-type: none"> Helping each other to stay safe (S) Recount task Our helpful volunteers Can Harold afford it? Earning money Harold's environment project <i>Let's have a tidy up</i> 	<p>Growing and Changing</p> <ul style="list-style-type: none"> Relationship tree Body space (PANTS) (S) None of your business Secret or surprise? (S) My changing body Basic First Aid
YR4	<p>Me and My Relationships</p> <ul style="list-style-type: none"> Human machines Ok or not ok? Part 1 Ok or not ok? Part 2 An email from Harold Different feelings Under pressure <i>When feelings change</i> 	<p>Keeping Safe</p> <ul style="list-style-type: none"> Danger, risk or hazard? Picture wise (C) How dare you! Medicines – check the label Keeping ourselves safe (S) Raisin challenge 2 <i>Know the norms</i> <i>Traffic lights</i> 	<p>Being My Best</p> <ul style="list-style-type: none"> What makes me me! Making choices SCARF hotel Harold's seven Rs My school community 1 Basic First Aid <i>Volunteering is cool</i>

	<p>Valuing Difference</p> <ul style="list-style-type: none"> Can you sort it? What would I do? The people we share our world with (PC) That is such a stereotype Friend or acquaintance? Islands (PANTS) (S) 	<p>Rights and Respect</p> <ul style="list-style-type: none"> Who helps us stay healthy and safe? (S) It's your right How do we make a difference? In the news Safety in numbers Why pay taxes? Harold's expenses Logo quiz 	<p>Growing and Changing</p> <ul style="list-style-type: none"> Moving house My feelings are all over the place All change Preparing for Change at puberty Secret or surprise? (S) Together (PC)
YR5	<p>Me and My Relationships</p> <ul style="list-style-type: none"> Collaboration challenge Give and take How good a friend are you? Relationship cake recipe (S) Our emotional needs (S) Being assertive Communication 	<p>Keeping Safe</p> <ul style="list-style-type: none"> Spot bullying Play, Like, Share (S) Play, Like, Share 2 (S) Decision dilemmas Vaping: healthy, unhealthy Would you risk it? Ella's diary dilemma Thinking about habits 	<p>Being My Best</p> <ul style="list-style-type: none"> It all adds up Different skills My school community Independence and responsibility (S) Star qualities Basic First Aid
	<p>Valuing Differences</p> <ul style="list-style-type: none"> Qualities of friendship Kind conversations Happy being me (PC) The land of the red people (PC) Is it true? (PC) Stop, Start, Stereotypes (PC) It could happen to anyone 	<p>Rights and Respect</p> <ul style="list-style-type: none"> What's the story? Fact or opinion? Mo makes a difference Rights, respect and duties Spending wisely Lend us a five Local councils 	<p>Growing and Changing</p> <ul style="list-style-type: none"> How are they feeling? Taking notice of our feelings (PANTS) (S) Dear Ash (S) Growing up and changing bodies (PC) Changing bodies and feelings Help I'm a teenager - get me out of here Dear Hetty
YR6	<p>Me and My Relationships</p> <ul style="list-style-type: none"> Working together Solve the friendship problem Behave yourself 	<p>Keeping Safe</p> <ul style="list-style-type: none"> Think before you click (PC) To share or not to share (C, PC) Rat Park 	<p>Being My Best</p> <ul style="list-style-type: none"> This will be your life Our recommendations What's the risk? 1

	<ul style="list-style-type: none">  Assertiveness skills  Acting appropriately (PANTS) (S,PC)  Don't force me (S,C,PC)  <i>Let's negotiate</i>  <i>Dan's Day</i> 	<ul style="list-style-type: none">  What sort of drug is..?  Drugs: It's the law  Alcohol: What is normal?  <i>Joe's story</i> (S)  <i>It's a puzzle</i> (S) 	<ul style="list-style-type: none">  What's the risk? 2  Basic First Aid  Five ways to wellbeing project
	<p>Valuing Difference</p> <ul style="list-style-type: none">  Ok to be different  We have more in common than not (PC)  Respecting differences  Tolerance and respect for others (PC)  Advertising friendships  Boys will be boys – challenging gender stereotypes 	<p>Rights and Respects</p> <ul style="list-style-type: none">  Two sides to every story  Fakebook friends (C)  What's it worth?  Happy shoppers  Democracy in Britain – elections (PC)  Democracy in Britain – How most laws are made (PC)  <i>Jobs and taxes</i>  <i>Action stations</i>  <i>Project pitch</i>  <i>Community art</i> 	<p>Growing and Changing</p> <ul style="list-style-type: none">  I look great!  Media manipulation (PC)  Pressure online  Helpful or helpful? Managing change  Is this normal? (PC)