PSHE Overview

SCARF: Safety, Caring, Achievement, Resilience, Friendship

At Brundall Primary school, we follow SCARF. This is a whole-school approach to teaching PSHE. It promotes positive behaviour, mental health, wellbeing, resilience and achievement

Meeting all DfE requirements for statutory Relationships and Health Education and mapped to the PSHE Association's Programme of Study. SCARF is a framework that forms a spiral curriculum through the primary years from EYFS to Year 6 on a two-year rolling programme. Each half-termly unit theme are the same for each year group and lesson plans are sequenced in a similar way for each year group, with similar themes and age-appropriate learning opportunities across each year group.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
SCARF UNITS	ME AND MY REALTIONSHIPS	VALUGING DIFFERENCE	KEEPING SAFE	RIGHTS AND RESPECT	BEING MY BEST	**GROWING AND CHANGING**

Except for the Growing and Changing SCARF unit, which is to be taught to single year groups for children in Key stage 2, for example year 3 together and then year 4 children together, to ensure that the Relationship and Sex Education Requirements are covered in an age-appropriate way.

For further details on how you can use SCARF at home: Family SCARF (coramlifeeducation.org.uk)

	Year/Half-termly unit titles	1 Me and my Relationships	2 Valuing Difference	3 Keeping Safe	4 Rights and Respect	5 Being my Best	6 Growing and Changing
	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 Girls and boys – similarities and difference
Key Stage 1	**Y1/2** **Cycle 1**	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	How our feelings can keep us safe – including online safety Safe and unsafe touches Medicine Safety Sleep	Taking care of things: Myself My money My environment	Growth Mindset Healthy eating Hygiene and health Cooperation	Getting help Becoming independent My body parts Taking care of self and others
	Y1/2 **Cycle 2**	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	Safe and unsafe secrets Appropriate touch Medicine safety	Cooperation Self-regulation Online safety Looking after money – saving and spending	Growth Mindset Looking after my body Hygiene and health Exercise and sleep	Life cycles Dealing with loss Being supportive Growing and changing Privacy
	Y3/4 **Cycle 1**	Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss	Recognising and respecting diversity Being respectful and tolerant My community	Managing risk Decision-making skills Drugs and their risks Staying safe online	Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money	Keeping myself healthy and well Celebrating and developing my skills Developing empathy	Year 3 content Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets

Lower Key Stage 2	**Y3/4** **Cycle 2**	Healthy relationships Listening to feelings Bullying Assertive skills	Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes	Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences Online safety	Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money	Having choices and making decisions about my health Taking care of my environment My skills and interests	Year 4 content Body changes during puberty Managing difficult feelings Relationships including marriage
Upper Key Stage 2	**Y5/6** **Cycle 1**	Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs	Recognising and celebrating difference, including religions and cultural Influence and pressure of social media	Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills	Rights, respect and duties relating to my health Making a difference Decisions about lending, borrowing and spending	Growing independence and taking ownership Keeping myself healthy Media awareness and safety My community	Year 5 content Managing difficult feelings Managing change How my feelings help keeping safe Getting help
	Y5/6 **Cycle 2**	Assertiveness Cooperation Safe/unsafe touches Positive relationships	Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour Gender stereotyping	Understanding emotional needs Staying safe online Drugs: norms and risks (including the law)	Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy	Aspirations and goal setting Managing risk Looking after my mental health	Year 6 content Coping with changes Keeping safe Body Image Sex education Self-esteem