

PSHE Long-Term Plan

Based on the Coram Life Education SCARF recommended programme template

Year A 2026-27

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Me and My Relationships - All about me - What makes me special - Me and my special people - Who can help me? - My feelings - My feelings (2)	Valuing Difference - I'm special, you're special - Same and different - Same and different families - Same and different homes - I am caring - I am a friend	Keeping Safe - What's safe to go onto my body - Keeping Myself Safe - What's safe to go into my body (including medicines) - Safe indoors and outdoors - Listening to my feelings - Keeping safe online - People who help to keep me safe	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 (1): recognising, spending, using - Looking after money (2): saving money and keeping it safe	Being my Best - Bouncing back when things go wrong - Yes, I can! - Healthy eating - My healthy mind - Move your body - A good night's sleep	Growing and Changing - Seasons - Life stages - plants, animals, humans - Life Stages: Human life stage - who will I be? - Where do babies come from? - Getting bigger - Me and my body - girls and boys
Year 1/2	Me and My Relationships - Our ideal classroom - How are you feeling today? - Let's all be happy! - Being a good friend - Types of bullying - Don't do that! - Bullying or teasing?	Valuing Difference - What makes us who we are? - My special people - How do we make others feel? - When someone is feeling left out - An act of kindness - Solve the problem	Keeping Safe - Harold's picnic - How safe would you feel? - What should Harold say? - I don't like that! - Fun or not? - Should I tell?	Rights and Respect - Getting on with others - When I feel like erupting - Feeling safe - Playing games - Harold saves for something special - How can we look after our environment?	Being my Best - 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	Growing and Changing - A helping hand - Sam moves away - Haven't you grown! - My body, your body - Respecting privacy - Some secrets should never be kept
Year 3/4	Me and My Relationships - Human machines - Ok or not ok? (part 1) - Ok or not ok? (part 2) - An email from Harold! - Different feelings - When feelings change (OPTIONAL) - Under pressure	Valuing Difference - Can you sort it? - What would I do? - The people we share our world with - That is such a stereotype! - Friend or acquaintance?	Keeping Safe - Danger, risk or hazard? - How dare you! - Keeping ourselves safe - Raisin challenge (2) - Picture wise - Medicines: check the label	Rights and Respect - Who helps us stay healthy and safe? - It's your right - How do we make a difference? - In the news! - Safety in numbers - Why pay taxes?	Being my Best - What makes me ME! - Making choices - SCARF hotel - Harold's Seven Rs - My school community (1) - Basic first aid - Volunteering is cool	Growing and Changing - Moving house - My feelings are all over the place! - All change! - Preparing for changes at puberty - Secret or surprise? - Together

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Year 5/6	Me and My Relationships • Working together • Let's negotiate • Solve the friendship problem • Behave yourself • Assertiveness skills • Don't force me • Acting appropriately	Valuing Difference • OK to be different • We have more in common than not • Respecting differences • Tolerance and respect for others • Advertising friendships! • Boys will be boys? - challenging gender stereotypes	Keeping Safe • Think before you click! • To share or not to share? • Rat Park • What sort of drug is...? • Drugs: it's the law! • Alcohol: what is normal?	Rights and Respect • Two sides to every story • Fakebook friends • What's it worth? • Happy shoppers - caring for the environment • Democracy in Britain 1 - Elections • Democracy in Britain 2 - How (most) laws are made	Being my Best • This will be your life! • Our recommendations • What's the risk? (1) • What's the risk? (2) • Basic first aid, including Sepsis Awareness • Five Ways to Wellbeing project	Growing and Changing • I look great! • Media manipulation • Pressure online • Helpful or unhelpful? Managing change • Is this normal? • Making babies (Y6 Only)

Year B 2027-28

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Reception	Me and My Relationships • All about me • What makes me special • Me and my special people • Who can help me? • My feelings • My feelings (2)	Valuing Difference • I'm special, you're special • Same and different • Same and different families • Same and different homes • I am caring • I am a friend	Keeping Safe • What's safe to go onto my body • Keeping Myself Safe - What's safe to go into my body (including medicines) • Safe indoors and outdoors • Listening to my feelings • Keeping safe online • People who help to keep me safe	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 (1): recognising, spending, using • Looking after money (2): saving money and keeping it safe	Being my Best • Bouncing back when things go wrong • Yes, I can! • Healthy eating • My healthy mind • Move your body • A good night's sleep	Growing and Changing • Seasons • Life stages - plants, animals, humans • Life Stages: Human life stage - who will I be? • Where do babies come from? • Getting bigger • Me and my body - girls and boys
Year 1/2	Me and My Relationships • Why we have classroom rules • How are you listening?	Valuing Difference • Same or different? • Unkindness, teasing or bullying? • Harold's school rules • It's not fair!	Keeping Safe • Super sleep • Who can help? (1) • Good or bad touches? • Sharing pictures	Rights and Respect • Harold has a bad day • Around and about the school • Taking care of something	Being my Best • I can eat a rainbow • Eat well • Harold's wash and brush up • Catch it! Bin it! Kill it!	Growing and Changing • Healthy me • Then and now • Taking care of a baby • Who can help? (2) • Surprises and secrets

	• Thinking about feelings • Our feelings • Feelings and bodies • Good friends	• Who are our special people? • Our special people balloons	• What could Harold do? • Harold loses Geoffrey	• Harold's money • How should we look after our money? • Basic first aid	• Harold learns to ride his bike • Pass on the praise!	• Keeping privates private
Year 3/4	Me and My Relationships • As a rule • Looking after our special people • How can we solve this problem? • Tangram team challenge (OPTIONAL) • Friends are special • Thunks • Dan's dare	Valuing Difference • Respect and challenge • Family and friends • My community • Our friends and neighbours • Let's celebrate our differences • Zeb	Keeping Safe • Safe or unsafe? • Danger or risk? • The Risk robot • Super Searcher • Help or harm? • Alcohol and cigarettes: the facts	Rights and Respect • Helping each other to stay safe • Recount task • Our helpful volunteers • Can Harold afford it? • Earning money • Harold's environment project	Being my Best • Derek cooks dinner! (healthy eating) • Poorly Harold • Body team work • For or against? • I am fantastic! • Top talents	Growing and Changing • Relationship tree • Body space • None of your business! • Secret or surprise? • My changing body • Basic first aid
Year 5/6	Me and My Relationships • Collaboration Challenge! • Give and take • How good a friend are you? • Relationship cake recipe • Our emotional needs • Being assertive	Valuing Difference • Qualities of friendship • Kind conversations • Happy being me • The land of the Red People • Is it true? • Stop, start, stereotypes	Keeping Safe • Spot bullying • Play, like, share 1 • Play, like, share 2 • Decision dilemmas • Vaping: healthy or unhealthy? • Would you risk it? • Drugs: true or false? • Smoking: what is normal?	Rights and Respect • What's the story? • Fact or opinion? • Mo makes a difference • Rights, respect and duties • Spending wisely • Lend us a fiver!	Being my Best • It all adds up! • Different skills • My school community (2) • Independence and responsibility • Star qualities? • Basic first aid, including Sepsis Awareness	Growing and Changing • How are they feeling? • Taking notice of our feelings • Dear Ash • Growing up and changing bodies • Changing bodies and feelings • Help! I'm a teenager - get me out of here! • Dear Hetty • Making babies (Y6 only)