

PSHE

At Overstone we follow SCARF (Coram Life Education) lesson plans, which provide a comprehensive PSHE (including RSHE) curriculum. There is also complete coverage of the DfE statutory requirements for Relationships Education and Health Education and whole-school approach to supporting mental health and wellbeing.

<https://www.coramlifeeducation.org.uk/signin>

Also, at the end of each unit, summative assessment 'I can...' statements are filled in for each year group that summarise learning against the unit's key learning outcomes. Any evidence from each lesson, outside visitor or PSHE related assembly, is recorded in a class/year group floor book. This includes an annual visit in September from Pamela, from Life Education, who delivers age related workshops to the children. The floor book also captures the children's voice where relevant. Lessons can include discussion, drawing, drama, individual, paired or group work, depending on the focus.



PSHE and wellbeing long-term plan based on SCARF half-termly units and related key themes

(Units include lesson plans that cover all the DfE statutory requirements for Relationships Education and Health Education)

<https://www.coramlifeeducation.org.uk/family-scarf>

Year/Half-termly unit titles	1 Me and my Relationships	2 Valuing Difference	3 Being my Best	4 Growing and Changing	5 Keeping Myself Safe	6 Rights and Responsibilities
EYFS	What makes me special People close to me Getting help	Similarities and difference Celebrating difference Showing kindness	Keeping by body healthy – food, exercise, sleep Growth Mindset Oral Health	Cycles Life stages Girls and boys – similarities and difference	Keeping my body safe Safe secrets and touches People who help to keep us safe Sun Safety <u>Protective Behaviours</u>	Looking after things: friends, environment, money
Year/Half-termly unit titles	1 Me and my Relationships	2 Valuing Difference	3 Being my Best	4 Keeping Myself Safe	5 Growing and Changing	6 Rights and Responsibilities
Y1	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	Growth Mindset Healthy eating Hygiene and health Cooperation	How our feelings can keep us safe – including online safety Safe and unsafe touches Medicine Safety Sleep <u>Protective Behaviours</u>	Getting help Becoming independent My body parts Taking care of self and others	Taking care of things: Myself My money My environment
Year/Half-termly unit titles	1 Me and my Relationships	2 Valuing Difference	3 Rights and Responsibilities	4 Keeping Myself Safe	5 Being my Best	6 Growing and Changing
Y2	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	Safe and unsafe secrets Appropriate touch Medicine safety <u>Protective Behaviours</u>	Growth Mindset Looking after my body Hygiene and health Exercise and sleep	Life cycles Dealing with loss Being supportive Growing and changing Privacy
Year/Half-termly unit titles	1 Me and my Relationships	2 Valuing Difference	3 Keeping Myself Safe	4 Rights and Responsibilities	5 Being my Best	6 Growing and Changing
Y3	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 <u>Protective Behaviours</u>	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	Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets

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Y4	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 <u>Protective Behaviours</u>	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	Body changes during puberty Managing difficult feelings Relationships including marriage
Year/Half-termly unit titles	1 Me and my Relationships	2 Valuing Difference	3 Keeping Myself Safe	4 Rights and Responsibilities	5 Growing and Changing	6 Being my Best
Y5	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 and responsibilities Rights and responsibilities 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 <u>Protective Behaviours</u>	Growing independence and taking responsibility Keeping myself healthy Media awareness and safety My community
Year/Half-termly unit titles	1 Me and my Relationships	2 Valuing Difference	3 Keeping Myself Safe	4 Rights and Responsibilities	5 Growing and Changing	6 Being my Best
Y6	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	Coping with changes Keeping safe Body Image Sex education Self-esteem <u>Protective Behaviours</u>	Aspirations and goal setting Managing risk Looking after my mental health

Life Education Visit beginning of September

Anti-bullying Week - Mid-November

Children's Mental Health Week - Beginning of February