



## Sedbergh Primary School – 2022-23



### PSHE – Scarf Curriculum – Overview



PSHE and wellbeing long-term plan - including DfE statutory requirements for **Relationships Education** and **Health Education**

Year/Term	1 Me and my Relationships	2 Valuing Difference	3 Rights and Responsibilities	4 Keeping Myself Safe	5 Growing and Changing	6 Being my Best
<b>EYFS</b>	What makes me special People close to me Getting help	Similarities and difference Celebrating difference Showing kindness	Looking after things: friends, environment, money	Keeping my body safe Safe secrets and touches People who help to keep us safe	Cycles Life stages	Keeping by body healthy – food, exercise, sleep Growth Mind-set

Year/Term	1 Keeping Myself Safe	2 Me and my Relationships	3 Valuing Difference	4 Growing and Changing	5 Being my Best	6 Rights and Responsibilities
<b>Y1/2</b>	How our feelings can keep us safe Keeping healthy Medicine Safety Safe and unsafe secrets  Appropriate touch  Medicine safety	Feelings Getting help Classroom rules Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Recognising, valuing and celebrating difference Developing tolerance and respect Being kind and helping others  Listening Skills	Getting help Becoming independent My body parts Life cycles  Dealing with loss  Being supportive	Growth Mind-set Keeping by body healthy Growth Mind-set  Looking after my body	Taking care of things: My self My money My environment Cooperation  Self-regulation



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Year/Term	1 Me and my Relationships	2 Valuing Difference	3 Keeping Myself Safe	4 Rights and Responsibilities	5 Being my Best	6 Growing and Changing
<b>Y3 / 4</b>	Recognising 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	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	Body changes during puberty Managing difficult feelings Relationships including marriage
<b>Y5</b>	Feelings Friendship skills, including compromise Assertive skills	Recognising and celebrating difference, including religions and cultural Influence and pressure of social media	Managing risk, including staying safe online Norms around use of legal drugs (tobacco, alcohol)	Rights and responsibilities Rights and responsibilities relating to my health Decisions about lending, borrowing and spending	Growing independence and taking responsibility Media awareness and safety	Managing difficult feelings Managing change Getting help
<b>Y6</b>	Assertiveness Cooperation Safe/unsafe touches	Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour	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	Aspirations and goal setting Managing risk	Keeping safe Body Image Self esteem