


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

(Units cover all the DfE statutory requirements for Relationships Education and Health Education by end of Primary – September 2026 changes **highlighted in yellow**)

Year Group	Half-Term 1 Me and my Relationships	HT2 Valuing Difference	HT3 Keeping Safe	HT4 Rights and Respect	HT5 Being my Best	HT6 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
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	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 Taking care of self and others NSPCC “Pants are Private”
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	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 “NSPCC Pants are Private”
Y3	Cooperation <b>Online rules &amp; restrictions</b> <b>Online behaviours</b> Friendship (respectful relationships) Coping with loss	Recognising & respecting diversity Being respectful & tolerant My community <b>Bullying, inc. online</b>	Managing risk Decision-making skills Drugs & their risks Staying safe online <b>Digital literacy</b>	Helping & being helped Looking after the environment Managing money <b>Developing critical thinking</b>	Keeping myself healthy and well Celebrating and developing my skills Developing empathy	Relationships Keeping safe Safe and unsafe secrets <b>Relationships, inc. online</b>
Y4	Healthy relationships Listening to feelings Bullying Assertive skills	Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes	Managing risk <b>inc. online</b> Understanding the norms of drug use (cigarette & alcohol use) Influences Online safety & <b>behaviours</b>	Making a difference (different ways of helping others or the environment) Media influence & <b>digital literacy</b> Decisions about spending money	Having choices and making decisions about my health Taking care of my environment My skills and interests	Managing difficult feelings Relationships including marriage
Y5	Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs	Recognising & celebrating difference, inc. religions & cultural <b>Critical digital awareness</b> <b>Online Bullying &amp; self esteem</b>	Online safety <b>Bullying inc. online</b> Norms around use of legal drugs (tobacco, alcohol) Decision-making skills	My health rights, respect & duties Making a difference Decisions about lending, borrowing & spending <b>Media manipulation (inc. Artificial Intelligence)</b>	Growing independence and taking ownership Keeping myself healthy Media awareness and safety My community	Managing difficult feelings Managing change How my feelings help keeping safe Getting help
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 <b>Digital footprint</b> Drugs: norms & risks (inc. the law)	Understanding media bias <b>Digital critical thinking</b> Caring: communities & the environment Earning & saving money Understanding democracy	Aspirations Managing risk Looking after wellbeing <b>Digital literacy &amp; critical thinking skills</b>	Coping with changes <b>Keeping safe inc. online</b> <b>AI/ deep fakes</b> Body Image Self-esteem Sex education through the school's Relationship and Sex Education (RSE)

