St Mark's PSHE and RSE long term overview

SCARF lessons form a spiral curriculum through the primary years, the suggested half-termly unit themes are the same for each year group and lesson plans are sequenced in a similar way for each year group, with similar themes and learning opportunities across each year group. Mixed year groups deliver mixed aged lessons each year to ensure full coverage of the curriculum. The growing and changing units are always taught in single year groups to ensure all learning is age appropriate.

	Me and my relationships	**Valuing Difference**	**Keeping Safe**	**Rights and Respect**	**Being my best**	**Growing and changing**
EYFS	What makes me special People close to me Getting help	Similarities and differences Celebrating differences Showing kindness.	Keeping my body safe Safe secrets and touches People who help keep us safe	Looking after things: friends, environment and money.	Keeping my body healthy- food, exercise, sleep. Growth mindset	Cycles life stages Girls and boys similarities and differences.
Year 1	Feelings Getting help Classroom rules Special people Being a good friend	Recognising, valuing & celebrating difference Developing respect & accepting others Bullying & getting help	How our feelings can keep us safe – inc. online safety Safe & unsafe touches Medicine Safety Sleep	Taking care of things: Myself My money My environment	Growth Mindset Healthy eating Hygiene & health Cooperation	Getting help Becoming independent My body parts Taking care of self and others.
Year 2/3 Year A (25/26)	Bullying or teasing Our school rules Friendship (respectful relationships) Cooperation Coping with loss	Being kind and helping others Celebrating difference My community	Safe and unsafe secrets Appropriate touch Decision making skills Drugs and their risks	Online safety Looking after the environment Self-regulation Saving and spending money	Looking after my body Health and hygiene Celebrating and developing my skills Developing empathy.	**YEAR 2 ONLY** Life cycles Dealing with loss Being supportive Growing & changing Privacy **YEAR 3 ONLY** Changing bodies & puberty Keeping safe Safe & unsafe secrets Relationships, inc. online
Year 2/3 Year B (26/27)	Online rules, restrictions and behaviours. Cooperation Being a good friend Self- regulation	People who help us Listening skills Recognising and respecting diversity Being respectful and tolerant	Medicine safety Appropriate touch Managing risk Digital literacy	Cooperation Self-regulation Looking after money Managing money Critical thinking skills Helping and being helped.	Growth mindset Exercise and sleep Celebrating and developing my skills Keeping myself healthy and well	**YEAR 2 ONLY** Life cycles Dealing with loss Being supportive Growing & changing Privacy **YEAR 3 ONLY** Changing bodies & puberty Keeping safe Safe & unsafe secrets Relationships, inc. online
Year 4/5 Year A (25/26)	Listening to feelings Friendship skills including compromise. Recognising emotional needs	Recognising and celebrating difference inc. religion and cultural. Understanding and challenging stereotypes.	Bullying Norms around use of drugs and smoking. Decision making skills.	Decisions about spending money. Making a difference in the community. Media influences.	Growing independence and taking ownership Keeping myself healthy My community My skills and interests.	**YEAR 4 ONLY** Body changes during puberty Managing difficult feelings Relationships inc. marriage

		Online bullying and self esteem.				**YEAR 5 ONLY** Managing difficult feelings Managing change How my feelings help keeping safe Getting help
Year 4/5 Year B (26/27)	Assertive skills Bullying Healthy relationships	Recognising and celebrating difference inc. religion and cultural. Understanding and challenging stereotypes. Online safety behaviours.	Managing risk Understanding the norms around smoking. Medicines. Bullying.	My healthy rights, respect and duties. Decisions about spending, lending and	Having choices and making decisions about my health My skills and interests My community Keeping myself healthy	**YEAR 4 ONLY** Body changes during puberty Managing difficult feelings Relationships inc. marriage **YEAR 5 ONLY** Managing difficult feelings Managing change How my feelings help keeping safe Getting help
Year 6	Assertiveness Cooperation Safe/unsafe touches Positive relationships	Recognising & celebrating difference Recognising & reflecting on prejudice based bullying Bystander behaviour Gender stereotyping	Understanding emotional needs Staying safe online Digital footprint Drugs: norms & risks (inc. the law)	Understanding media bias Digital critical thinking Caring: communities & the environment Earning & saving money Understanding democracy	Aspirations Managing risk Looking after wellbeing Digital literacy and critical thinking skills	Coping with changes Keeping safe inc. online AI/ deep fakes Body Image Sex education Self-esteem