

Bude Primary Academy – Junior 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)

Additional sessions within the SCARF framework Additional sessions linked to our local area Themed events run in school

PSHE overview	Autumn 1 Me and my Relationships	Autumn 2 Valuing Difference	Spring 1 Keeping Myself Safe	Spring 2 Rights and Responsibilities	Summer 1 Being my Best	Summer 2 Growing and Changing (RSE – coverage)
<p><u>Expectations:</u> Half termly units are found on the SCARF website with each individual lesson plan. My Scarf – planning tools – suggested half termly plans. Please do in this order to ensure we cover everything. Please use Pre/post assessment which come with the unit at the start/end of each unit. Ensure children have time for reflection at the end of lessons. All support and guidance on RSE curriculum taught in Summer 2 is in My scarf – Guidance England – RSE Guidance and Support materials. Please read before starting this block. Floor books in each class celebrate the learning that has been completed in each session. Please ensure each page is clearly dated, with the learning focus listed.</p>						
Y3	Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss	Recognising and respecting diversity Being respectful and tolerant My community Road Safety – Nov Anti-Bullying week - Nov	Managing risk Decision-making skills Drugs and their risks Staying safe online Water / Beach safety (RNLI)	Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money Cross Curriculum Project – Let's have a tidy up!	Keeping myself healthy and well Celebrating and developing my skills Developing empathy Learning how to tie shoelaces	Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets
Y4	Healthy relationships Listening to feelings Bullying Assertive skills	Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes Road Safety – Nov Anti-Bullying week - Nov	Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences Online safety Water / Beach safety (RNLI)	Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money Cross Curriculum Project – Volunteering is cool!	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
Y5	Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs The adoptables toolkit	Recognising and celebrating difference, including religions and cultural Influence and pressure of social media The belonging toolkit Road Safety – Nov Anti-Bullying week - Nov	Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills Water / Beach safety (RNLI)	Rights and responsibilities Rights and responsibilities relating to my health Making a difference Decisions about lending, borrowing and spending	Growing independence and taking responsibility 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 Road Safety – Nov Anti-Bullying week - Nov	Understanding emotional needs Staying safe online Drugs: norms and risks (including the law) Water / Beach safety (RNLI)	Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy	Aspirations and goal setting Managing risk Looking after my mental health Cross Curriculum Project - Captain Coram	Coping with changes Keeping safe Body Image Sex education Self-esteem