

Hazelwood Schools



PSHE

Curriculum Overview

PSHE at Hazelwood

Intent

At Hazelwood Schools, we believe in developing well rounded children who are equipped with the knowledge, understanding and confidence to enable them to play an active role in society.

We recognise the importance of Personal, Social, Health and Economic (PSHE) education and the role it plays in ensuring our children are healthy, independent, and responsible individuals who are prepared for life beyond our school

Our aim is to develop children fully as:

- Individuals as they focus on their own personal development; believing in themselves, building resilience, developing habits to lead a healthy life.
- Members of families and social communities; understanding how to relate to others and adopt teamwork skills
- Members of economic communities; developing their awareness of the part that they play and how to live responsibly.

Our Vision and Values

At Hazelwood, we believe in nurturing responsible citizens to achieve educational excellence by inspiring awe and wonder through a real, relevant, immersive and purposeful curriculum.

Our shared values are at the heart of all we do.

Believe and Achieve



PSHE at Hazelwood

Implementation

Our curriculum builds upon the children's first stages of learning and development in Early Years through progressive and sequenced topics that develop the knowledge, skills and attributes children need to manage their lives, now and in the future. Our planning is guided by a Primary Scheme of Work called SCARF – Safety, Caring, Achievement, Resilience, Friendship (Coram Life Education). Developed by teachers and centred on a values-based and 'Growth Mindset' approach, SCARF's lesson plans and resources, tailored by our teachers to meet the individual needs of our children at Hazelwood, help to promote positive behaviour, mental health, wellbeing, resilience and achievement.

Lessons are to be taught at least weekly as well as when teachers may feel it necessary to teach as a result of an issue that has arisen in their own class or within local / national news.

SCARF lesson plans are organised around the PSHE Association's Programmes of Study Learning Opportunities, which includes three core themes of:

- Health and Wellbeing;
- Relationships;
- Living in the Wider World.

The core themes have been broken down into six main areas that are revisited each year to ensure children's knowledge and understanding is secure. These areas are:

- Me and My Relationships
- Valuing Difference
- Keeping Myself Safe
- Rights and Respect
- Being my Best
- Growing and Changing



High quality PSHE is not only taught as a specific subject, but embedded in our ethos and Hazelwood curriculum to ensure children are given wide perspectives to the diverse society that we live in today.

RSHE: Our PSHE curriculum demonstrates appropriate subject knowledge, skills and understanding to fulfil the statutory duties of the Relationship Education (RE), Relationship and Sex Education (RSE) and Health Education (HE) curriculums

Hazelwood's Approach to Teaching and Learning

At Hazelwood you will see a range of real, relevant, immersive and purposeful learning opportunities within a nurturing, enabling environment, including the following approaches to teaching and learning:

- Children **exploring and answering big questions** which allow them to think deeply about their learning
- Children **hearing and using key vocabulary** in a range of contexts
- Children **speaking in full sentences** using the key vocabulary taught
- **Cold calling** - supporting all children in engaging in their learning and believing they can achieve
- **Adaptive teaching** - responding to the needs of all children
- **Retrieval practice** – allowing children to know more, remember more and do more
- **Positive relationships and quality interactions** that nurture our responsible citizens
- **Spaced and sequential learning** over time to help children learn more quickly and remember learning better.

In a typical PSHE lesson, you will see:

- Children **gaining substantive knowledge and learning new vocabulary** building on prior learning and making connections to other concepts
- Children **thinking about comprehensive questions** in which they solve problems concerning real life situations
- Children **finding out about the world** through different types of scenarios, photographs and discussion
- Children **communicating using subject specific vocabulary**, through role play, question and answering and reflection
- Children **engaging with age-appropriate, evidence based resources** to support understanding of the world around them

Real, Relevant Immersive learning opportunities in PSHE are really important in ensuring our children are engaging with the world around them, managing risks, navigating real life situations and gaining understanding for real purposes. Our children have the **opportunity to collect, reflect on and communicate** with a range of information gathered through experiences, discussion and scenarios that develop their PSHE skills and deepen their understanding of the world around them. To further enhance our PSHE curriculum, we provide all children with access to **SCARF resources, workshops and assemblies etc** enabling them to develop resilience and a questioning mindset about themselves and the world around them. We also have links with external agencies where children can broaden their knowledge of the local community and to further enrich our children's experiences in our local area.

Impact

How do we assess?

We assess our children using a range of methods.

- Routine, embedded, informal formative assessment is built into every lesson to assess children's new knowledge and vocabulary progression
- Questioning and discussion forms a large part of our assessment. We use a variety of questions to constantly check children's knowledge is secure and that children are learning to think and engage with their new knowledge.
- Using teacher knowledge of children's comprehension of themselves and the wider world around them
- Use of Learning Objectives to determine children's understanding through questioning and discussion

How do we know that children are at age-related expectation?

- Children are using the taught key vocabulary and substantive knowledge to answer big questions in discussions
- Children use relevant scenarios, where appropriate, to further substantiate their answers to questions.
- Children are able to talk confidently about what they have learnt and understood.

How do our children feel about PSHE?

- 'I love our values because they help everybody understand what you should be doing. 'Showing kindness is my most favourite value'
- 'It's very interesting and fun. You get your turn to speak.'
- 'We discuss things that help us.'
- 'Teachers ask us questions to see if we need to do more learning.'
- 'When I learn these things [PSHE lesson about friendship] it helps me to be calm.'

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Values Cycle 1	Respect	Kindness	Resilience	Ambition	Creativity	Teamwork
Values Cycle 2	Responsibility	Courage	Tolerance and Understanding	Trust	Honesty	Fairness
EYFS	Children's personal, social and emotional development (PSED) is crucial for children to lead healthy and happy lives, and is fundamental to their cognitive development. Underpinning their personal development are the important attachments that shape their social world. Strong, warm and supportive relationships with adults enable children to learn how to understand their own feelings and those of others . Children should be supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary . Through adult modelling and guidance , they will learn how to look after their bodies , including healthy eating , and manage personal needs independently . Through supported interaction with other children , they learn how to make good friendships, co-operate and resolve conflicts peaceably . These attributes will provide a secure platform from which children can achieve at school and in later life.					
Nursery	Me & my Relationships <ul style="list-style-type: none"> Marvellous Me: I am Special: People who are special to me 	Keeping Safe <ul style="list-style-type: none"> People who help us (N) Safety Indoors and Outdoors What's safe to go into my body 	Rights and Respect <ul style="list-style-type: none"> Looking after myself Looking after others Looking after the Environment 	Growing & Changing <ul style="list-style-type: none"> Growing & Changing in Nature When I was a baby Girls, Boys and Families 	Valuing Difference <ul style="list-style-type: none"> Me and My friends Family & Friends Including Everyone 	Being My best <ul style="list-style-type: none"> What does my body need? I can keep on trying I can do it!
Cultural Capital	Artist: Giuseppe Arcimboldo Linked values: Caring, Kindness, friendship	Story: I Don't Want to Wash My Hands by Tony Ross Linked values: Responsibility, Safety	Linked values: Responsibility, respect, teamwork, rule of law	Story: The Very Hungry Caterpillar by Eric Carle Linked values: Caring, responsibility	Story: Elmer' by David McKee. Linked values: Caring, Kindness, friendship, Respect, Tolerance, fairness	Story: Giraffes can't Dance Linked values: Ambition, Resilience, courage
Big questions	How do you feel when you...? How are we special? How does it feel to be special? Is everyone special? Who can make us feel special? How are your friends special?	How can I behave safely at nursery? How do clothes keep us safe outside? Who looks after the medicine (at school/home)? What might happen if someone has the medicine when they're not poorly?	What food is healthy? When do we wash our hands? Why do we wash our hands? Who do we/you look after? How can we care for our classroom? Why is it important to care for our classroom/ learning environment?	What has changed in the environment? How have you changed? What is the same? What is different? What can you do now that you couldn't before? Are boys and girls different? Are all families the same?	Do we all look the same on the outside? Are we all the same on the inside? When we are kind to each other, how does that make us feel? Is it kind to leave others out because they are different?	How does your body feel? How does your energy feel? What happens to our bodies when we sleep? Do we sometimes feel like that if something is hard? What would you like to get better at? What can we say instead of I can't?
Vocabulary	like, special, feel, choose, look, head, friends, arms, legs, eyes, ears, nose, mouth, teeth, hands, fingers, feet, toes, knees, elbows, pants, vest, private,	safe, safety signs, careful, grown up, weather, labels, tell, clothing, medicines tummy feelings, playground, cleaning products, unsafe, car-park, water, pavement, food, paint, fresh air, scissors, sleep, glue	healthy snacks, similar, classroom, sugar, different, care, germs, helping, tidy, wash hands, family, clean, fruit, friends, look after, vegetables, feelings	trees, baby, boy, grass, child, girl, plants, teeth, family, sky, hair, female, animal, crawl, male, grow, walk, private parts, change, toddler, same, season, different, sunny, cold, wet, rain, weather, caterpillar, egg, tadpoles, butterfly	similar, family, kind, special, sharing, friendship, similar, helping, friend, different, feelings	food , challenge, practice, water, encourage, encourage, exercise, keep trying, sleep, get better at, challenge, energy

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Me and My Relationships <ul style="list-style-type: none"> What makes me special People close to me Getting help 	Valuing Difference <ul style="list-style-type: none"> Similarities and difference Celebrating difference Showing kindness 	Keeping Myself Safe <ul style="list-style-type: none"> Keeping my body safe Safe secrets and touches People who help to keep us safe 	Rights and Respect <ul style="list-style-type: none"> Looking after things: <ul style="list-style-type: none"> friends environment, money 	Being my Best <ul style="list-style-type: none"> Keeping by body health – food, exercise, sleep Growth Mindset 	Growing and Changing <ul style="list-style-type: none"> Cycles Life stages Girls and boys – similarities and difference
Cultural Capital	Book: My monster and me Linked values: Responsibility, kindness, tolerance, friendship, courage	Book: All Kinds of People by Emma Damon, <i>You Choose!!</i> by Pippa Goodhart Linked values: Responsibility, kindness, tolerance, respect, caring, resilience	Linked values: Responsibility, safety, respect, trust, honesty	Book: <i>Have You Filled a Bucket Today? A guide to daily happiness for kids</i> by Carol McCloud Linked values: Responsibility, kindness, respect	Book: Rosie Revere, Engineer by Andrea Beaty Linked values: Resilience, ambition, responsibility, courage	Book: The Tiny Seed by Eric Carle, There is a house inside my mummy by Giles Andreae, And Tango make 3 by Peter Parnell · Justin Richardson Linked Values: Caring, Resilience, kindness, tolerance, friendship
Big questions	What make us the same? What make us different? Do we all have the same things as our favourite thing? Does everyone have the same special people? Who can help you? How can I change my feelings? How can I help myself if I am feeling sad? How are they feeling?	What are you proud of? What’s good about not all being the same? How are families different to each other? Are homes all the same? How do kind words help?	What goes onto my body? What do you do if you find a packet or bottle and you are not sure what is inside it? Why might it be unsafe? Who could we ask before we drink or eat things? What other things might not be safe to touch or swallow? Who helps to keep us safe? How can we help ourselves to keep safe? What things could be unsafe in the classroom, outside at home? What makes things safe or unsafe? How might our body tell us that something isn’t safe? What can we do if we don’t feel safe? Who can help?	How can you look after your family members’ feelings? When might someone need help from a friend? Should others help people? Why? What might happen if we didn’t take care of our home/garden/classroom? How do you care for our world? Can we make our world a better place? Why is water so precious? What have you heard about money? Where do we have money? What does it look like? How do people/our parents/carers/grown-ups get money? What do we do with money? Why do we need money?	When have you come up against an obstacle? How have you overcome this to achieve a goal? Why do we eat food? When do we get to choose what we eat? Why do we need to eat different kinds of foods? What might it mean to have a healthy mind? What could we do to help our minds be healthy? What sort of things can we do to help us stay healthy? Why is it important for us to wash our hands before we touch and eat our food? Why do we all need a good night’s sleep?	What are seasons? What is a cycle? Does everyone live the same life? How are we different now than when we were a baby? What has helped us to grow?? Why are girls’ bodies and boys’ bodies different?
Vocabulary	special, family, family, feelings, feelings, practice, favourite, help, friends, happy, happy effort, same, special people, help, sad, same, different, same, emojis, kind, different, helpful	special, same, kind, new friend, likes, different, kindness, friendship, dislikes, family, home, kindness, favourite, unkind	keep clean, sleep, safe, keep safe, water, unsafe, unsafe, worried, worried, food, detective, tummy feelings, tell, fresh air, uncomfortable, adult, cuddle, trust, medicine, address, chemist, doctor, grown up	family, friends, working together, environment, money, look after, responsibility, litter, shop, save, help each other, helpful, electricity, buy, safe place, be alone, caring, pollution, cost, recycling, pay	bounce back, try, food, exercise, routine, encourage, try again, energy, exercise, heart, calm, grow, sleep, muscles, sleep, healthy, wash, fruit, healthy, vegetable, energy, dairy	seasons, growing, family, private parts, spring, life cycles, child, baby, child, penis, summer, teenager, love, vulva, autumn, adult, care, winter, old age, grow, cycle

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Me and My relationships <ul style="list-style-type: none"> Feelings Getting help Classroom rules Special people Being a good friend 	Valuing difference <ul style="list-style-type: none"> Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help 	Being my best <ul style="list-style-type: none"> Growth Mindset Healthy eating Hygiene and health Cooperation 	Rights and responsibilities <ul style="list-style-type: none"> Taking care of things: Myself My money My environment Basic first aid 	Keeping myself safe <ul style="list-style-type: none"> How our feelings can keep us safe – including online safety Safe and unsafe touches – Pants Rule Medicine Safety Sleep 	Growing and changing <ul style="list-style-type: none"> Getting help Becoming independent My body parts Taking care of self and others
Cultural Capital	Linked values: Rule of law, Cooperation, Safety Teamwork, compassion Book: The Great Big Book of Families by Mary Hoffman	Book: All Are Welcome by Alexandra Penfold and Suzanne Kaufman Linked values: Tolerance, respect, kindness, individual liberty	Linked values: resilience, respect, friendship, ambition, teamwork	Linked values: responsibility, respect, caring Book: The Pigeon wants a puppy' by Mo Willems, <i>I completely know about guinea pigs' by Lauren Child.</i>	Linked values: responsibility, respect, honesty Song: NSPCC - Pantasurus	Linked values: responsibility, kindness
Big questions	What are rules and why do we have them? How do you feel inside when they are sad, happy, worried? Which feelings are good/not so good? Can you put a plaster on a hurt feeling? Are our special people always part of our family? What do we mean by 'being friends'?	Does being different to someone else means that that person is better or worse in some way? What is a good friend like? What does it mean to be unkind, to tease, or to bully? How can we be kind? Are the rules fair or unfair?	What sort of foods do you think are healthy for our body? Why is it so important that we wash hands etc.? How can we stop germs/diseases spreading? What can you do now that was the hardest to learn? How does it feel to give support as well as to get it? What does behaviour mean? Does our behaviour only affect us?	In what way can children look after the school environment? Whose responsibility is it? What is money? Where does money come from? How do we use money? How does money benefit us? What would the world be like if people didn't have money? What would you buy if you each had five pounds to spend? How should we look after our money? Why is first aid important?	How can we keep safe if we use the internet? How can you get advice or help if you need it? Why is it important to have a good night's sleep? Why is it important to have a wash and to brush our teeth? Why is it important to exercise regularly and eat healthy? Why is it upsetting to lose something? Would it be OK for someone to eat something if you didn't know what it was? Are medicines helpful or harmful? What is the Pants Rule?	How big do you think the heart is? What does the brain do? What do babies need? What changes have happened to you since you were a baby? Which school rules help someone if they are being bullied? Who can someone talk to at school or at home if they are being bullied?
Vocabulary	rules, feelings, feelings, hurt, family, friendship, listening safe, body language, behaviour, help, special people, making up, responsibility, emotions, feelings, work together, safe, heal, support,	unique, feelings, special people, kind, listening, respect, behaviour, help, cooperate, kindness, being listened to, calm, unkind, listen, aggressive, feelings, problem solve	tarchy, healthy, germs, learning, praise, behaviour, disease, practice, support, consequences, protein, hygiene, make mistakes, feedback, special person, fruit, dairy, spread, confidence, encourage, promise, vegetables, meat, achievement, feelings, vitamins, sugar, portion, salt, cereal	hygiene, environment, needs, money, money, first aid, routine, responsibility, responsible, cost, bank, risk, clean, bills, coin, accident, rules, spending, note, danger, afford, worth, hazard, saving, kettle, safe, burn, scald, accident, emergency	energy, sleep, feelings, medicine, private, food, rest, worried, emotions, safe, trust, water, grow, nervous, loss, harmful, privates, air , tired, scared, lost, responsibility, oxygen, support, exercise, unsafe, sleep, healthy, dairy, fruit, vegetables , sugar, salt, cereal, meat	organ, caring, change, unkind, surprise, privates, heart, love, growing, unkindness, secret, private, lungs, attention, tease, uncomfortable, penis, intestines, teasing, vulva, brain, bully, hygiene, stomach, bullying, oxygen, witness, digested, experience, getting help

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 2	Me and My Relationships <ul style="list-style-type: none"> Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation 	Being My Best <ul style="list-style-type: none"> Growth Mindset Looking after my body Hygiene and health Exercise and sleep 	Valuing Differences <ul style="list-style-type: none"> Being kind and helping others Celebrating difference People who help us <p>Listening Skills</p>	Rights and Responsibilities <ul style="list-style-type: none"> Cooperation Self-regulation Online safety Looking after money – saving and spending 	Keeping Myself Safe <ul style="list-style-type: none"> Safe and unsafe secrets Appropriate touch Medicine safety 	Growing and Changing <ul style="list-style-type: none"> Life cycles Dealing with loss Being supportive Growing and changing <p>Privacy</p>
Cultural Capital	<p>Scarf song: Friends are special</p> <p>Linked values: Tolerance and Understanding, British values, Caring, Respect, Rules and laws, Safety, Teamwork.</p>	<p>Scarf: Harold’s postcard. BBC Primary History website, story of Edward Jenner and the development of vaccines</p> <p>Scarf songs: Different foods, Harold’s Body Shake</p> <p>Linked values: Resilience, Responsibility, Caring.</p>	<p>Linked values: Respect, Tolerance and Understanding, Caring, Friendship, Trust, Responsibility, British Values.</p>	<p>Scarf stories: Derek’s Art Project’ Harold saves for something special</p> <p>Book: ‘My mouth is a Volcano’ by Julia Cook</p> <p>Thinkuknow resources, Jessie and Friends Episode 3: Playing Games and accompanying storybook.</p> <p>Linked values: British values, Caring, Respect, Rules and laws Teamwork, Friendship, Responsibility.</p>	<p>Book: ‘Some secrets should never be kept’ by Jayneen Sanders</p> <p>Linked values: Rules and laws, Safety, Friendship, Trust.</p>	<p>Scarf stories: Sam Moves Away Georgia and Katie (in lesson plan, not separate print out)</p> <p>British Red Cross First Aid Champions resources. (link in Scarf lesson plan)</p> <p>Linked values: Respect, Teamwork, Caring, Cooperation, Resilience, Trust.</p>
Big questions	<p>What is bullying? What is teasing? How are they the same? How are they different? Who can you go to if you are worried about bullying? Have you ever fallen out with a friend? What makes a good friend? How would you feel if all your friends were going to a party and you weren’t invited? How would you feel if your pet went missing? How would you feel if they were found safe?</p>	<p>What sort of things can you do now that you couldn’t when you were a baby? Was it always easy to learn to do those things? Which of the things that you can do now which you couldn’t when you were younger were the hardest to learn? What did you have to do in order to make it easier? What encouraging phrases can you think of to help someone who is learning to do something new?</p>	<p>What physical features do you have in common with your friends? What features are different to your friends? What other things do you have in common? How might our behaviour change when we don’t feel good about ourselves? How can special people help us?</p> <p>What can the children do to help the special people in their lives? Where do our special people come from, which communities?</p>	<p>What are the things we need in order to be able to do our best in school? What do you think are the things the teachers and other staff need in order to help children do their best in school?</p> <p>How did it make others feel? What does it mean to feel safe? How does our body tell us when things might not be safe?</p> <p>What do we mean by ‘environment’? How can we help</p>	<p>If I had a headache what sort of things might make me feel better? When have you felt ill? What was the matter with you? What sort of things helped you to feel better? What medicines have you heard of? How do medicines get into/onto the body? Where should medicines be kept? What does our body do when we go to sleep? When do you feel safe? Where do you feel safe? Who makes you feel safe?</p>	<p>How can we give feedback which is helpful and kind?</p> <p>Have you ever lost anything? What did you lose? How did it feel when you realised it was lost? Have you ever found something that you thought was lost? Where was it? How did you feel when you found it?</p> <p>Can you remember anything about starting school? What can you do now that you couldn’t do when you started school?</p>

	<p>When can we make our own choices? When do others choose for us?</p> <p>Have you ever had an injection? What diseases are vaccinations for?</p> <p>What do we use our teeth for? What does good tooth care mean? Who is in charge of keeping our teeth healthy? How do we keep our smiles bright?</p> <p>Where do you think oxygen goes to in the body? What happens to the food inside the stomach and intestines?</p> <p>Why is it important to eat healthily? What happens to our body when we sleep? What are some of the different ways we can exercise our body? Why is regular exercise important for our body?</p> <p>What do you think the bones that inside the chest are called? What jobs do the ribs do? How big is the heart? Where do you think the lungs are? What is the special gas that gets into our blood through our lungs?</p> <p>Where do you think the stomach is? What do you think happens inside the stomach? What do you think the long wiggly tubes underneath the stomach are? Any ideas what the two intestines are called? What do you think happens to the food and water in the intestines?</p> <p>Where do you think the brain is? What do you think the brain does?</p>	<p>How did you cooperate when you were playing the game? Why did you need to cooperate? How did it feel when you were 'caught'? How did you manage those feelings?</p> <p>How did it feel to be freed? Did anyone feel left out? How did that feel?</p> <p>What do we mean by being kind? Can anyone give an example of someone being kind? What do we mean by being unkind? Can anyone give an example?</p> <p>What was the last kind thing that someone said to you or did for you? What was the last kind thing you said to someone or did for someone?</p> <p>When we are speaking, how do we know that the other person is really listening to us?</p>	<p>to improve the school/local environment?</p> <p>What is money? Where does money come from? How do we use money? How does money help us? What would the world be like if people didn't have money? Do you think people have always had money? What do we mean by spending and saving?</p> <p>What is the internet? How do we get onto the internet? How can it help people? Is everything that we see or read on the internet true? How can we keep safe if we use the internet - now and as we get older? Do you know of any risks linked to the internet?</p>	<p>Are there ever any situations where we feel unsafe? When someone is feeling unsafe what could they do to make themselves feel safer? Who are some of the people who can help us when we're feeling unsafe? Who are the people whose job it is to help keep us safe? What is the best way to ask someone for help?</p> <p>How do our special people touch us? How does it make us feel when they touch us in this way? How do our bodies react when we do not want to be touched? What sort of touch do we not like? Is it OK to tell family and friends when we do not want them to touch us? What do you like to do with these special people? What do you share and what do you keep secret?</p>	<p>What do you think made us grow? Who helped us grow?</p> <p>Which parts of the body might we see when someone is wearing their school uniform? What parts of the body might we see if someone was wearing a swimming costume/shorts? What parts of the body might we see if the person was having a bath or shower? Which parts of the body do boys and girls have that are the same? Which parts do they have that are different? Why do boys have a penis and girls have a vulva? What do boys have testicles for? Where do girls store their seeds/eggs? Why do boys have nipples?</p> <p>What are your privates? Can you remember the correct names for your private parts? Why are they private? What does privacy mean?</p> <p>Why is first aid important?</p>
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Vocabulary	happy, rules, feelings, bullying, bullying, bullying, friendly, feelings safe, showing feelings, teasing, help, repeated, friendship, help, caring, help, repeated, don't do that, friendly, regular,	practice, choose, vaccination, teeth, oxygen, brain, encourage, choices, injection, dental, water, heart goal, healthy, disease, hygiene, lungs, achieve, unhealthy, exercise, stomach, challenge, germs, rest, small intestine, large intestine, food, water	amily, community, respect, similarities, prejudice, adoption, belonging, cooperation, differences, disability, fostering, listening skills, identity, name calling, gender, same-sex couple, politeness, respect, bullying, race, blended family, courtesy, colour, manners, sexuality	hygiene, environment, needs, money, money, first aid, routine, responsibility, responsible, cost, bank, risk, clean, bills, coin, accident, rules, spending, note, danger, afford, worth, hazard, saving, kettle, safe, burn, scald, accident, emergency	sleep, safe, touch, surprise, genitals medicines, unsafe, feelings, hurt, secret, penis, safety, feelings, uncomfortable, uncomfortable, vulva, worried, getting help, private, private parts, consent, permission, secret, uncomfortable	help, change, growing, unique, genitals, first aid, support, loss, food, special, penis, risk, supportive, feelings, rest, penis, vulva, emotions, sleep, testicles, private, danger, frightened, care, vulva, privacy, hazard, nervous, learning, nipples, consent, kettle, permission, safe, burn, scald, accident, emergency
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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Me and my relationships <ul style="list-style-type: none"> Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss 	Rights and responsibilities <ul style="list-style-type: none"> Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money 	Being my best <ul style="list-style-type: none"> Keeping myself healthy and well Celebrating and developing my skills Developing empathy 	Valuing difference <ul style="list-style-type: none"> Recognising and respecting diversity Being respectful and tolerant My community 	Keeping myself safe <ul style="list-style-type: none"> Managing risk Decision-making skills Drugs and their risks Staying safe online 	Growing and changing <ul style="list-style-type: none"> Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets
Cultural Capital	<p>Scarf stories: Saima and Ben's stories</p> <p>Linked values: British values, Rules and laws, Caring, Safety, Responsibility, Teamwork, Friendship, Trust, Resilience, Respect, Tolerance and Understanding,</p>	<p>Linked values: Teamwork, Responsibility, Respect,</p>	<p>Scarf story: The U Factor.</p> <p>Scarf song: Feel Good Groove.</p> <p>Scarf clips: Harold, Kiki and Derek</p> <p>Linked values: Safety, Respect, Tolerance and Understanding, Ambition, Teamwork, Resilience,</p>	<p>Story: The Ugly Duckling by Hans Christian Anderson</p> <p>Scarf story: Zeb</p> <p>Linked values: Friendship, Respect, Tolerance and Understanding, Safety, British values, Teamwork, Caring,</p>	<p>Scarf story: Do we take the risk?</p> <p>CEOP film clip Lee and Kim</p> <p>Linked values: Responsibility, Resilience, Trust, Safety,</p>	<p>Poster: NSPCC Underwear Rule</p> <p>Kidshealth website: Menstruation clip</p> <p>Scarf story: Harold's day of secrets and surprises</p> <p>British Red Cross First Aid Champions resources. (link in Scarf lesson plan)</p> <p>Linked values: Caring, Respect, Trust, Safety,</p>
Big questions	<p>What are our class rules? What are our school rules? Why do we have class / school rules? What should happen if someone breaks the rules? What would happen if people didn't keep to the rules? Is it ever OK to break a rule? Are the rules always the same? Why not?</p> <p>What would you like about having a pet? What might put you off having a pet? What extra responsibilities might having a pet give you? Who could you talk to if you lost something special like a pet?</p>	<p>What is a volunteer? Who volunteers in school? What do they help with? Why? What is the difference that their help makes? How might volunteering help the volunteers?</p> <p>Who helps us in different places/situations? Can there be more than 1 person who helps us? How do they help us? Why do they help us?</p> <p>What do we mean by the environment? What do people, animals and plants need to survive in their environment? In what ways do we look after the</p>	<p>Are there any types of foods that we should eat more of than others? Which foods do we need more of? Which do we need less of? Which foods give us energy? Which helps out teeth and bones to be strong and healthy? Which helps to build muscles? Which makes us healthy all over?</p> <p>What helped make you feel better? What is medicine? How can medicines help people feel better? What could we use instead of medicine to help us feel better? Can you think of a time when a medicine could be harmful? What could we do to</p>	<p>What different types of relationships are there?</p> <p>What communities or community groups do you belong to? What are the good things about being part of a community?</p> <p>What do we mean by respect?</p> <p>What are the things that make these people similar to each other? What are the things that make them look different to each other? What might be different and special about their: Religious beliefs, Places where they work,</p>	<p>What do we mean by keeping safe? Who are the people that keep us safe? What are the things that we can do to keep ourselves safe?</p> <p>What is danger? Can you think of a dangerous situation? What is risk? What sort of things could be risky at school? At home? In the street? Where in our body do we experience feeling uncertain or unsafe?</p> <p>What is it like to feel safe? What does unsafe or uncertain feel like? What do we think that we have to keep safe from?</p>	<p>Do we treat all the people we have relationships with in the same way? How do we greet our parents/carers? Friends? Brothers/sisters? Grandma? Shopkeeper? Pet? Football coach? Teacher? What can make a relationship healthy or positive? What can make a relationship unhealthy or negative?</p> <p>What sort of physical contact (touches) do you like having? Do you like people standing very close to you? Why do we need to respect other people's body space? We can invite people into our body space. When might we</p>

	<p>What does cooperate and collaborate mean? What did you do to cooperate and collaborate? Did it work? In your group was there someone who was one of the following: The one with ideas? The do-er? (Someone who gets things finished) The one who contributed nothing? The positive ones? The ones who were critical?</p> <p>Did you argue and find it difficult to work together? What did your group do that made it easier to work together? Can you think of any other ideas that would help your group to cooperate?</p> <p>How can disagreements be solved? How does it feel to be working towards a goal with a group of people?</p> <p>What is it that makes you feel good about your special person? What do we do to make our special people happy? How do we feel if we fall out with them? What sort of things do we do to make up with them?</p> <p>What is a dare? Who might dare us to do something? Are dares good or bad? Can you think of any dares that are ok? Can you think of any dares that aren't ok?</p> <p>What is an opinion? Why don't we all have the same opinion? Can opinions be right or wrong? Even if we don't agree with someone else's opinion, can we still be friends with them?</p>	<p>school environment at our school? Are there things we can do to improve the way we look after our school environment? What are the ways that children can present their ideas to the staff in this school? Why can't we do everything all in one go? Why is it important to look after our school environment?</p> <p>What is money? Where does money come from? How do we use money? How does money help us? What would the world be like if people didn't have money? What do we mean by spending and saving?</p> <p>What do we mean by 'earning money'? Who earns money? Can children earn money? What are they allowed / not allowed to do? Is there a minimum amount that people can get paid? Does everyone who has a job earn the same amount of money? Why not?</p>	<p>help prevent ourselves from getting ill?</p> <p>What choices do we make about our everyday health and wellbeing? Do we always make the best choices? Do people always have the same opinions about what are the best choices?</p> <p>Do people sometimes think they are better at things than they really are?</p> <p>What do you think the body needs to give it energy? What else do you think the body needs to keep healthy? What happens to your heart when you do some vigorous exercise? Why does that happen? What sort of things do you think are helpful to the body? What sorts of things are harmful to the body? Are there any that can be both helpful and harmful?</p> <p>What important jobs do you think the following organs have? Heart, Blood vessels, Lungs, Stomach, Small and Large intestine, Liver, Brain? Which do you think is the most important part of the body? Why might it be difficult to pick out the most important part? What other body parts can you think of? What are their jobs? What do they need from other parts of the body?</p> <p>What do we mean by a talent? Does everybody have the same sort of talents as everyone else? In what ways can people be</p>	<p>Jobs they do, Families, Food they eat, Languages they speak, Music they listen to, Clothes, Customs, Festivals they celebrate? Can you think of other things that make these people similar to, or different from each other?</p> <p>How might calling someone names make them feel? What names might people use? Do you think people forget the names the other people call them? If a person was being called names what could they do about it? Who might be able to help?</p> <p>Why might people be bullied? What can people do if they are bullied?</p>	<p>How many parts of the body can you name? What does the body need to give it energy? What do we need to do in order to help keep the body fit and healthy? Exercise and food can be healthy for the body. Are there any times when they may be harmful to the body? What sort of things can harm the body? What is a drug? What drug do you think is inside drinks like beer, wine and spirits? What drug is inside cigarettes? What have you heard about how cigarettes and alcohol affect the body? What websites have you heard of? Are all websites safe?</p> <p>Is it safe to share videos of yourself, wearing school uniform, on YouTube? Is it ok for someone you don't know online to ask you to send a photo of yourself? What do you think you should do if someone starts asking them personal questions or is rude to them on the street? What about if something causes you to get butterflies in their tummy? Could you respond in the same way if this happens in an online game too?</p> <p>Have you made a choice today? Did you have to consider the risks before making the choice? Could the situation turn out all right? Could they turn out badly? Does how they turn out depend on the decisions we make? How do we feel if we think something is not quite right?</p>	<p>do that? When might someone come into our body space without meaning to? How can we tell/ ask people that we want them to move out of our body space? What should we do if someone asks us to move away from them?</p> <p>What is a surprise? What is a secret? Are all surprises secrets? Are all secrets surprises? How do you feel when you are safe? How do you feel when you are unsafe?</p> <p>Can you remember why boys and girls' bodies are different? (from year 2) What changes need to happen to the body before someone can create a baby? What is this change called? What parts of the body are needed to create a baby? What are the testicles for? Where do girls store their eggs? What can girls or women use to protect their clothes when they are having a period?</p> <p>Why is first aid important?</p>
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	What do we mean by a best friend? Can you have more than one best friend?		talented? If you took part in a talent show what talent would you want to display? Which part of the body do you think controls our talents?		What sort of things do we need to keep our body healthy? What sort of things can make us unhealthy or ill? When can medicines be helpful? When can medicines be harmful?	
Vocabulary	safety, care, collaborate, falling out, point of view, persuade, opinions, point of view, loss, making up, feelings, respectful, calm, feelings, compromise, courteous, apologise, challenging, listen, making up	volunteer, helper, fact, environment, income, earning, wellbeing, responsible, opinion, waste, saving, income, safe, spending, healthy	balanced diet, infection, debate, goals, collaboration, goal-setting proteins, cleanliness, discussion, ambitions, cooperation, talents muscles, hygiene, continuum, improve, teamwork, skills, dairy, rest, courteous, achieve, intelligence, teeth, sleep, respectful, bones, water, justify, starchy carbohydrates, medicine, energy, drug, fruit & veg, dose, healthy, safety, instructions	family, community, respect, similarities, prejudice, adoption, belonging, cooperation, differences, disability, fostering, listening skills, identity, name calling, gender, same-sex couple, politeness, respect, bullying, race, blended family, courtesy, colour, manners, sexuality	trust, danger (dangerous) , risk, internet safety, decisions, medicines, safer, drugs, browsing, private, unsafe, feelings, cigarettes, phishing, public, strategies, harmful, nicotine, search engine, profile, helpful, consequence, alcohol, fake news, personal information, , instructions, internet safety	relationships, personal space, secret, egg positive, body space, surprise, sperm, healthy, invade, feelings, puberty, trust, uncomfortable, period, caring, stop, angry, ovary, respect, upset, fallopian tube, touch, jealous, uterus (womb), worried, lining, excited, vagina, scared, period/menstruation pad, talk, tampon, menstruation cup, breasts, genitals, testicles, womb, wet dream, penis

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 4	<p><u>Me and My Relationships</u></p> <ul style="list-style-type: none"> ● Healthy relationships ● Listening to feelings ● Bullying ● Assertive skills 	<p><u>Valuing Difference</u></p> <ul style="list-style-type: none"> ● Recognising and celebrating difference, including religions and cultural ● Influence and pressure of social media 	<p><u>Rights and Respect</u></p> <ul style="list-style-type: none"> ● Rights and responsibilities ● Rights and responsibilities relating to my health ● Making a difference ● Decisions about lending, borrowing and spending 	<p><u>Being My Best</u></p> <ul style="list-style-type: none"> ● Growing independence and taking responsibility ● Keeping myself healthy ● Media awareness and safety ● My community 	<p><u>Keeping Myself Safe</u></p> <ul style="list-style-type: none"> ● Managing risk ● Understanding the norms of drug use (cigarette and alcohol use) ● Influences ● Online safety 	<p><u>Growing and Changing</u></p> <ul style="list-style-type: none"> ● Managing difficult feelings ● Managing change ● How my feelings help keeping safe ● Getting help
Cultural Capital	<p>Video clip of trailer for the film Wonder.</p> <p>Linked values: Caring, Friendship, Respect, Kindness, Teamwork, British values, Tolerance and Understanding, Safety,</p>	<p>Scarf stories: Kiki sorts it out. Umar helps Henry,</p> <p>NSPCC Underwear rule</p> <p>Video clip: BBC Girls toys vs boys toys experiment.</p> <p>Linked values: British values, Respect, Tolerance and Understanding, Rules and laws, Caring, Friendship,</p>	<p>Linked values: Safety, Trust, Responsibility, British values Respect, Rules and laws, Caring,</p>	<p>British Red Cross First Aid Champions resources. (link in Scarf lesson plan)</p> <p>Linked values: British values, Respect, Tolerance and Understanding, Rules and Laws, Responsibility, Safety,</p>	<p>Linked values: Safety, Responsibility, Caring, Tolerance and Understanding</p>	<p>Scarf stories: Sam moves house, Harold's day of secrets and surprises</p> <p>Puberty videos (links on Scarf lesson plan)</p> <p>Kidshealth website: Menstruation clip</p> <p>Linked values: Resilience, Respect, Safety, Trust, Rules and Laws,</p>
Big questions	<p>What words can you use to describe a good feeling? What words describe not so good feelings? How can feelings affect our bodies? What can we do if we are not having good feelings? Who can help us?</p> <p>What things might make you like someone? What things might friends do together? What is a positive healthy relationship? How are we responsible for maintaining positive relationships? What might it feel like to be excluded? How can you</p>	<p>What can you do if you and your friends can't agree on something? Which strategies could you use to resolve the situation? How can you negotiate and compromise? How can you show qualities of friendship in coming to a compromise?</p> <p>How does our body or mind warn us when someone gets too close? How do other people react when someone gets too close? How can we tell that they don't feel comfortable? What could they do if someone is touching them in ways they don't</p>	<p>What is this person responsible for? What are their responsibilities? What or who do they look after? What important duties do they have? What makes them reliable and trustworthy? How can we help this person to do their job? How can we make their job easier?</p> <p>What sort of rules can you think of in school that help to keep everyone safe and healthy? What rules and laws do you know about that help to keep everyone safe and healthy in our country?</p>	<p>What are your special talents? What are the qualities that the children in the class have? What makes others different from you? What makes others similar to you? How can identical twins be different?</p> <p>What sort of choices do we make for ourselves as a child? What sort of choices do others make for us as children? What choices do we make that can affect health? What choices do we make that are different to our friends? What choices do we make that are the same as our</p>	<p>What is it like to feel safe? What does unsafe or uncertain feel like? What do we think that we have to keep safe from? What do we mean by danger? What do we mean by risk? What do we mean by hazard?</p> <p>Who likes taking photos? How do you take photos? Who do you share your photos with? How do you share your photos? What can happen to the photo's once you have shared them? What information can people find out from photos shared online? What can happen</p>	<p>What things have changed for you since last year? Were these changes your choice? Have these changes been positive? What can help a person to make a change more easily? Who can help support us with changes? How can we support others?</p> <p>What is conflict? What can cause conflict between us and our parents? How can we solve these conflicts? What is compromise? Does talking help us to compromise?</p>

	<p>include and involve others? How can you recognise when someone may be feeling unhappy? What is the difference between being assertive and being aggressive?</p> <p>Does being face-to-face rather than phone messaging make a difference to what you say? How can you say no to people and still be respectful?</p> <p>What is collaboration? How can we work collaboratively?</p> <p>Can a place affect how you are feeling? Can we experience more than one feeling at the same time? How would you experience these feelings? Where in your body might you feel it?</p> <p>How do you feel when someone is looking at you? Does it make you want to react physically? Can you think of a time when your first feeling about someone/something changed into another? Why did it change?</p> <p>What is the difference between being unkind, teasing and bullying? What can people do if they are being bullied? What can people say if they are being bullied? Who can they get help from? Who might a trusted adult be? Who might put pressure on them to behave in a way that is unacceptable, unhealthy or risky? Who or what could put pressure on them to do</p>	<p>like, or making them feel uncomfortable in any way?</p> <p>What is a friend? What is an acquaintance? Why might we choose people for friends who are different from ourselves? What would the world be like if everyone looked the same and had the same opinions and interests? Does the type of relationship you have with someone affect the types of conversation you would have with them?</p> <p>Can people have friends that are older? Can people have friends that look very different from them? Can people have friends that come from different types of home? What affects how many friends a person has? What kind of behaviour might cause a person to struggle to make and keep friends?</p> <p>What other religious festivals have you heard of? What are these festivals celebrating? How do you feel about having things which are similar/different to others in the class? What would the world be like if everyone was the same or very similar? What do we mean by the word 'respect'?</p> <p>What is stereotyping? Does being a boy/girl mean that you like certain toys/activities/clothes?</p>	<p>How do those rules keep everyone safe? Do different countries all have the same rules and laws? Why not? What is a right?</p> <p>What are our class rules? What are our school rules? Why do we have class and school rules? Why do we have rules about things we do online? What should happen if someone breaks the rules? What would happen if people didn't keep to the rules? Is it ever OK to break a rule? Who makes decisions in our school?</p> <p>What sort of choices do we make every day about our health? Who or what helps and supports us with those choices? What choices are made for us? Who or what influences our choices? What do we mean by 'influence'?</p>	<p>friends? Why do adults make choices for us when we are younger? What choices will we be able to make for ourselves when we are older? What choices can't even adults make? Why is it important and valuable that we are all different? What choices do you make that will affect you in the future? What helps you to make choices that lead to good health?</p> <p>What sort of things do you think we need to keep us healthy? How much exercise do you think we need to keep our body healthy? How does exercise keep our body healthy? What changes happen inside our body when we exercise? Why do you think we need to drink water? How much should we drink? What do we mean by a 'balanced' diet? What forms a balanced diet? What do different foods do for our body? Why is sleep important to our body? How can screen time affect a person's sleep? What might happen to a person's healthy balanced lifestyle if they started to spend a lot of time online e.g. playing games, watching videos etc? Is there anything else that can make us feel happy and healthy?</p> <p>What is meant by the terms: refuse/reduce/reuse/rot/recycle/repair/rethink? How can these help us to live in a way that is better for the environment? How do we use these at home/school? What else can we do to apply these at home/school?</p>	<p>to photo's once they have been shared online?</p> <p>Have you ever heard anyone say 'How dare you?' What does this mean? What do we mean by 'daring' someone to do something?</p> <p>What do we mean by a healthy lifestyle? What choices can people make to live a healthy lifestyle? How does exercise keep us healthy? What different types of food keep us healthy? If someone lives a healthy lifestyle does that mean that they are healthy all the time? What do we mean by illness? Does everyone get ill? What things can we do to prevent illness from spreading? If someone is ill what could they do to feel better? Does someone always need to take medicine to feel better? Is medicine always helpful to the body? In what ways can it be harmful? Who normally takes responsibility for a child's medicine? What sort of information is there on a medicine label? Why is that information there? What alternative strategies could someone use to feel better if they are unwell?</p> <p>Are vapes/e-cigarettes harmless? What sort of choices are you allowed to make? Do we always make the same choices as our friends? When might we make different choices to our friends? Who makes choices for us when we are young?</p>	<p>What body parts do men and women have in common? What differences are there between male and female bodies? What is puberty? Who can you talk to if you are worried about the changes that happen during puberty?</p> <p>What happens to a boy's body when he starts puberty? What happens to a girl's body when she starts puberty? What is a period? What is a wet dream?</p> <p>What is a surprise? What is a secret? Are all surprises secrets? Are all secrets surprises? How do you feel when you are safe? How do you feel when you are unsafe? If someone has been told something that they feel is an unsafe secret what should they do? Who could they talk to?</p> <p>What is marriage? When two people love and care for each other and want to spend the rest of their lives together, do they have to get married? What else do some couples choose to do? What do we mean by living together? What is a civil partnership? Why do you think people choose to get married, live together or have a civil partnership? Can people be forced to marry someone they don't want to? Is it ok for people to be forced to marry?</p>
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	<p>something unhealthy like eat crisps every day? When someone is independent, can they do anything that they like?</p>			<p>What do we mean by the word community? What communities or community groups do you belong to? What are the good things about being part of a community?</p> <p>Why is first aid important?</p>	<p>What sort of choices will we be able to make when we are older? Sometimes rules limit our choices, both as adults and children. Can anybody think of any rules or laws that limit people's choices?</p> <p>What do we mean by feeling safe? How does someone feel when they are safe? What sort of places would someone feel safe in? How does someone feel when they are not safe? What can happen to someone's body when they are not feeling safe? Who will be the best person to approach for help? How should the child ask for help? How can they do this in a safe way? How will they know if the adult is responding in a safe and appropriate way?</p> <p>What does influence mean? Which people influence you? Can we have a good influence? Can we get bad influence? How might spending a lot of time looking at social media influence someone, compared with if they just look at it occasionally? Why do you think there are recommendations about limiting the amount of time spent on screen time - particularly social media and gaming?</p>	
Vocabulary	<p>safety, care, collaborate, falling out, point of view, persuade, opinions, point of view, loss, making up, feelings, respectful, calm, feelings, compromise, courteous, apologise, challenging, listen, making up</p>	<p>negotiation, body space, sharing, aggressive, similarities, stereotype, compromise, invade, acquaintances, apologise, differences, respect</p>	<p>being responsible, safe, rules, influence, anti-social behaviour, environment, income, income tax, reliable, healthy, democracy, opinion, witness, conservation, expenditure, national insurance, trustworthy, rules, respectful, essential, VAT, laws, courteous, deductions, rights, public</p>	<p>individual, choices, balanced diet, refuse, community, first aid unique, wellbeing, reduce, injury, mental health, re-use, minor, rot, accident, recycle, emergency, repair, blood, re-think, nose bleed, choking, breathing, airway, unresponsive, casualty, burn, scald, wound, recovery</p>	<p>danger, privacy, dare, medicine, choices, persevere, influence, dangerous, privacy settings, assertive, drug, social norm, consequences, risk, security, risky, hazard, hazardous</p>	<p>learning line, compromise, puberty, secret, marriage, practice, hormones, pubic hair, menstrual cycle, surprise, live together, eggs, uncomfortable feelings, civil partnership, sperm, periods, forced marriage, penis, menstruation, testicles, period/menstruation pad,</p>

			services, responsibility, United Nations			breasts, tampons, ovaries, menstruation cup, womb, wet dreams, vagina, vulva, clitoris, labia
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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	Me and My Relationships <ul style="list-style-type: none"> Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs 	Valuing Differences <ul style="list-style-type: none"> Recognising and celebrating difference, including religions and cultural Influence and pressure of social media 	Being My Best <ul style="list-style-type: none"> Growing independence and taking responsibility Keeping myself healthy Media awareness and safety My community 	Rights and Responsibilities <ul style="list-style-type: none"> Rights and responsibilities Rights and responsibilities relating to my health Making a difference Decisions about lending, borrowing and spending 	Keeping Myself Safe <ul style="list-style-type: none"> Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) <p>Decision-making skills</p>	Growing and Changing <ul style="list-style-type: none"> Managing difficult feelings Managing change How my feelings help keeping safe <p>Getting help</p>
Cultural Capital	<p>Cyberwise online communication</p> <p>Linked values: Teamwork, Respect, Friendship, Caring, Trust, Resilience,</p>	<p>Scarf film: Be the one – beyond differences.</p> <p>Scarf story: The land of the red people.</p> <p>Story: Rosa Parks story</p> <p>Linked values: Respect, Friendship, British values, Tolerance and Understanding, Caring,</p>	<p>British Red Cross First Aid Champions resources. (link in Scarf lesson plan)</p> <p>linked values: Resilience, Safety, Responsibility,</p>	<p>Scarf story: Mo makes a difference</p> <p>Linked values: Responsibility, Respect, British values, Rules and laws</p>	<p>Kidslime: My name is George</p> <p>CEOP Thinkuknow films: Block him right good, Alfie! Who's Magnus? They have fans, but we have friends!</p> <p>Linked values: Resilience, Courage, Trust, Respect, Rules and Laws,</p>	<p>NSPCC Underwear rule</p> <p>Extract: Hetty Feather (a Jaqueline Wilson character)</p> <p>Scarf story: Chris' secret</p> <p>Linked values: Resilience, Safety, Respect, Trust, Rules and Laws,</p>
Big questions	<p>What is teamwork? What is collaboration?</p> <p>What is conflict? How can it be resolved? What skills do you need to use?</p> <p>How good a friend are you? What makes a good friend?</p> <p>Who do you have a positive healthy relationship with? Can a relationship be unhealthy? What sort of things make it unhealthy? What help could someone get if</p>	<p>What is a friend? What do we mean when we call someone a friend? Why do we need friends? How do we choose our friends? What do we look for?</p> <p>How important is listening? What do skilled listeners do? How do they show the person they are listening to that they value what is being said? How should you respond with respect?</p> <p>When might a person be excluded or treated unfairly?</p>	<p>What does the human body need to keep it healthy? How can smoking affect the body and a person's health? Which organs do you think are affected by the chemicals in cigarette smoke? Do you think most people in our country are smokers or non-smokers? What are the possible short-term and long-term effects of drinking alcohol? Which organs do you think are affected by alcohol? What helps us to make decisions that will help to keep us healthy?</p>	<p>What is the purpose of a news report on TV, online or in the papers? Do news stories always show us exactly what's happened? Why? Why not? What does the word bias mean?</p> <p>What are the differences between the terms rights, responsibilities and duties? What rights, responsibilities and duties do you have at home/school/in the local community? What can make these duties or responsibilities</p>	<p>What is a habit? Can habits be harmful? Why do people still do something that they know is harmful to them? What are common habits that people have? Why do people develop habits? Do people choose habits? How can habits make us feel? Is a habit always bad/harmful? Can habits be helpful? How do we know whether a habit is good or not-so-good for us? How often do you have to do something for it to become a habit? Is there a</p>	<p>How might having good feelings affect our well-being? Could 'not so good' feelings or emotions affect someone's physical health? Can you explain the word resilience? How does a person become resilient? How can we develop our own confidence?</p> <p>What do we mean by trust? Who are the people you trust? What should we do if someone makes us feel unsafe? What if someone was made to feel unsafe by someone they trusted? Whose</p>

	<p>they felt they were in an unhealthy relationship?</p> <p>What is being assertive? How can you be assertive and still be respectful? How do you feel when someone is trying to persuade you to do something you don't want to do? Is it easy to say no to someone? What makes it difficult?</p> <p>What do we mean by emotions? Why do you think we have emotions? What emotions can you think of? What might these emotions be a reaction to?</p> <p>How can online communication be misinterpreted?</p>	<p>Are there any circumstances when people being treated differently makes sense and has a reason behind it? How can people act to try and reduce these sorts of behaviours and beliefs? If we come across discrimination or prejudice being used how can we as individuals challenge it?</p> <p>What different religious groups are there? What different ethnic groups are there? Are there other sorts of groups? What are the benefits of living in a diverse, multi-cultural society? What qualities would allow everyone to live together harmoniously?</p> <p>What social media sites have you heard of? If we look at something online, can we tell if it is true or not? If we look at something written in a book, can we tell if it is true or not? What are the differences between sex, gender identity, gender expression and sexual orientation?</p> <p>How can individuals/a group of people's actions impact on others in a positive or negative way?</p>	<p>What would it be like if everyone was the same? What problems can you imagine in such a world? Where do our different strengths or skills come from? What kinds of skills can people show?</p> <p>What does the word community mean? What communities or community groups do you belong to? What are the good things about being part of a community? Who or what makes up our school community? What are the benefits of belonging to the school community? What do you like about being part of it? Is there anything you dislike about being part of the school community?</p> <p>What does it mean to be 'grown-up'? Why do some young people want to grow up more quickly than others? What do the words independence and responsibility mean? What responsibilities do they already have for keeping themselves safe? At school? At home? What responsibilities do they already have for helping others to stay safe? At school? At home? What are joint responsibilities?</p> <p>What do we mean by 'the media'? In what ways can people be influenced by what they see in the media, including social media? Does what we see in the media always reflect real life? What do we mean when we say someone is a 'celebrity'?</p>	<p>hard to follow or carry out? What could be the consequences or impact if they are not followed or carried out? Which of the duties might actually be enjoyable or rewarding?</p> <p>What do the terms voluntary, community and pressure groups mean? What's the difference between them? How do these groups help or support the wider community? What difference do they make?</p> <p>What are the terms loan, credit, debt and interest. mean? Why might adults borrow money or take out a loan? What are the risks involved in borrowing money or taking out a loan?</p> <p>What are our class rules? What are school rules? Why do we have class / school rules? What should happen if someone breaks the rules? What would happen if people didn't keep to the rules? Is it ever OK to break a rule? How are people made councillors? Who is allowed to vote for them? When are elections held? How are they different from general elections?</p>	<p>difference between a habit and an addiction? When does a habit become an addiction? Is it possible to change a habit? What helps people to 'break' a habit? Is following a football team/music group/pop star a habit? Is it an addiction?</p> <p>What are risks? Are all risks negative? How do we weigh up risk factors when making a decision? What are some of the possible outcomes of taking a risk?</p> <p>Are bullying and cyberbullying the same thing? What is cyber bullying? How can you deal with both face-to-face and online bullying? What strategies and skills can be used to support others who are bullied? What is the difference between online and face-to-face bullying?</p> <p>What is a dare? Who might dare a person to do something? Why do people give dares? How does it feel when we do something risky? Should you agree to do something just because it is a dare? Who is responsible for what happens as a result of a dare?</p> <p>What is the risk? What can you do to get help if you feel you are being pressured or negatively influenced by friends to do something unacceptable, unhealthy or risky?</p> <p>What are the benefits of the internet? Are there risks involved</p>	<p>responsibility/fault is it if we feel unhappy or uncomfortable about someone else's behaviour towards us? How can we stop unwanted touch or attention? What can we do if no-one will listen? What is the PANTS rule?</p> <p>How might someone feel when they are separated from someone or something they like? How could we help someone who is separated from someone or something they like?</p> <p>What is puberty? What changes happen to the body during puberty? Who is the best person to decide what happens to your body?</p> <p>Are all changes linked to puberty physical changes? Who do most young people have conflict with during puberty? What can you do to cope with changing emotions?</p> <p>What is a surprise? What is a secret? Are all surprises secrets? Are all secrets surprises? How might a secret make someone feel? Can you think of an example of a safe or an unsafe secret?</p> <p>What is meant by the term stereotype? Are stereotypes based on fact or on assumptions and prejudice? Why are people who are seen to be different are often bullied? How can bullying behaviour be stopped?</p>
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Vocabulary	collaborate, negotiation, insensitive, unhealthy relationship, assertive, emotions, non-verbal, compromise, sensitive, verbal abuse, passive, emotional needs, body language, conflict, physical abuse, aggressive, tone of voice, resolution, sexual abuse, face-to-face, uncomfortable touching, unsafe	friendship, listening skills, excluded, metaphor, sex, embarrassed talking, respect, discrimination, diverse, sexual orientation, reactions, listening, prejudice, multicultural society, gender identify, consequences, gender expression	healthy choices, organs, perseverance, community, independence, personal qualities, body systems, commitment, school community, responsibility, celebrities, resilience, determination, patience, interpersonal skills	responsibility, fact, rights, voluntary group, costs, borrow, public services, opinion, responsibility, community group, wages, loan, council, biased, duties, pressure (action) group, salaries, credit, vote, unbiased, rent, debit, elections, Fair Trade, interest, councillors	habit, pros, bullying, dare, assessing risk, personal information, drugs, norms, risk taking, addiction, cons, cyberbullying, pressure, privacy settings, cigarettes, perception, assertive, weigh up risk, resist pressure, influence, alcohol	wellbeing, trust, separation, pubic hair, puberty, embarrassed, hormones, in confidence, prejudice, resilience, resilience, fostered, clitoris, genitalia, reactions, compromise, break a confidence, biological sex, unwanted attention, vulva, semen, consequences, respect, confidential, sexual orientation, unwanted touch, vaginal opening, menstruation, mood swings, gender identity, urinary opening, period, gender expression, lips (labia), period/menstruation pads, verbal abuse, penis, tampon,

						physical abuse, scrotum, menstruation cup, testicles, sanitary protection, foreskin, anus, wet dream, erection, stretch marks, crush
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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 6	Me and My Relationships <ul style="list-style-type: none"> Assertiveness Cooperation Safe/unsafe touches Positive relationships 	Being My Best <ul style="list-style-type: none"> Aspirations and goal setting Managing risk Looking after my mental health 	Valuing Difference <ul style="list-style-type: none"> Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour Gender stereotyping 	Rights and Responsibilities <ul style="list-style-type: none"> Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy 	Keeping Myself Safe <ul style="list-style-type: none"> Understanding emotional needs Staying safe online Drugs: norms and risks (including the law)) 	RSE - Growing and Changing <ul style="list-style-type: none"> Coping with changes Keeping safe Body Image Sex education Self-esteem
Cultural Capital	<p>Scarf story: Dan's difficult day.</p> <p>Childline film: Layla's Arranged Marriage.</p> <p>NSPCC Underwear rule</p> <p>Linked values: Teamwork, Respect, Tolerance and Understanding,</p>	<p>British Red Cross First Aid Champions resources. (link in Scarf lesson plan)</p> <p>Linked values: Teamwork, Responsibility, Safety</p>	<p>Linked values: British values, Respect, Tolerance and Understanding, Trust,</p>	<p>Linked values: Responsibility, Teamwork, Caring, British values, Rules and laws,</p>	<p>NSPCC film: I Saw Your Willy.</p> <p>Scarf story: Joe's story</p> <p>Linked values: Respect, Responsibility, Trust, Safety, Rules and Laws,</p>	<p>Scarf stories: Sophie's story, What Happened to Cinderella Next, Chris's secret,</p> <p>Dove Confident Me, Evolution clip (link in lesson plan)</p> <p>NSPCC film Lucy and the Boy</p> <p>NSPCC Underwear rule</p> <p>Linked values: Responsibility, Tolerance and Understanding, Respect, Trust, Safety,</p>
Big questions	<p>What skills do we need to use to work collaboratively?</p> <p>What is meant by the terms negotiation and compromise? How do negotiation and compromise make situations better? What strategies can you use to improve situations? What strategies can make the situation worse?</p> <p>What makes a positive, healthy friendship? How can we give advice that is respectful and assertive?</p>	<p>What is well-being? How does it contribute to a healthy lifestyle?</p> <p>What are some of the big decisions you may make in the next ten to fifteen years that will significantly affect your life? What are the realistic aspirations you have for your own life and what steps might you take to move towards your goals? What things that you are doing now, at your age, will help you take those early steps towards these goals?</p>	<p>What positives come from having differences between people? What problems can you think of that differences can cause for some people? What is bullying? What can you do if you are being bullied? What effect can bystanders have on a situation?</p> <p>What makes people diverse? Why do you think people are picked on because they are gay, Christian, Muslim, old, disabled? Is it OK to pick on people like this? How do you think people feel if they are bullied because</p>	<p>What do we mean by a fact? What do we mean by an opinion? Do news reports contain facts or opinions? What do we mean by a biased report? What do we mean by an unbiased report? What are the facts in the story? Are the facts being presented accurate? Have any facts been left out? If so, why? Does the story give different points of view or just one particular point of view? Does the story have a stereotypical view of certain groups of people?</p>	<p>Is it possible to take back something that's posted on the internet?</p> <p>Would you tell a stranger your name and address? Would you let someone you didn't know hold your school bag for you while you did something else? Would you tell a stranger on the phone that your parents were not home? Would you share your online passwords with a stranger? With a friend?</p>	<p>What changes happen that we can control? What changes might happen that we cannot control? How can changes make us feel? What can help someone to make a change more easily? Who can help support us with changes? How can we support others?</p> <p>If you are famous now will you still be famous in one year/ 5 years/10 years? Are all photos of famous people true to their real life appearance? Are people's looks all that matter? How do</p>

	<p>What do we mean by assertive? What can we do to avoid giving in to pressure? Has anybody been asked by a friend to do something they didn't really want to do? Was it easy or hard to tell your friend that you didn't want to do what they were asking? How did you react to them asking you?</p> <p>What might be the consequences of reacting to others in a positive or negative way?</p> <p>How can people show their commitment to each other? Why might people choose to do this, rather than just living together? Who can get married/enter into a civil partnership? Does everyone in a loving and committed relationship want to get married or have a civil partnership? What can they do instead? How old does someone have to be before they can get married in the UK? Why might some parents want to arrange marriages for their children? Does anyone have the right to force their child into marriage?</p> <p>Recognise that some types of physical contact can produce strong negative feelings; Know that some inappropriate touch is also illegal.</p> <p>What do we mean by the terms appropriate, inappropriate and illegal? Can touching another</p>	<p>What topical issues are currently affecting young people's health and wellbeing? What stories have you seen or heard in the news about these issues? If we wanted to find out more, what resources could we use to help us do this? Can we also trust what we read on the internet? Can we always trust what we read and see on social media? How can we best make sure that the information we look at is accurate? Where can we find information we can trust about this topic? What kind of people are best placed to advise on issues of health and wellbeing?</p> <p>What is meant by the word risk? How do people decide whether to take a risk or not? Are there different levels of risk? How can the risk be reduced? Does everybody assess risk in the same way?</p> <p>Why is first aid important? What is sepsis?</p>	<p>they are different to the majority? How might we feel in this situation? What could someone do if they see a person being bullied in this way or hear something rude or offensive about a group?</p> <p>Can they explain what it might mean to 'put yourself in someone else's shoes'? How can doing this be helpful? When does showing respect seem easy? Is there anyone who it is difficult to show respect for? Why is this? Why might it be important to show respect to people we dislike or disagree with?</p> <p>What do we mean by the word identity? What different ways can we show respect and tolerance for those of different communities, faiths, groups and ethnicity around the school?</p> <p>What is the difference between a friend and an acquaintance? When/how does an acquaintance become a friend? Why would a friend become an acquaintance? Friendships can be fantastic but can they ever be difficult? How can we get through the more difficult times to ensure our friendships continue?</p> <p>What do we mean by 'the media'? In what ways can people be influenced by what they see in the media? Does what we see in the media always reflect real life? Can you think of any examples? What do we mean by the word 'stereotype'? Can we</p>	<p>What social media sites have you heard of? How old does someone have to be before they can have a social media account? Why do they think there is an age limit? Do people always present a completely accurate representation of themselves in their social media profiles, or can they sometimes be misleading? Is everything that's posted online what it appears to be? If not, why not? If someone receives a photo in an email or via social media, should they forward it? Why not? Before we forward messages, photos, posts or videos, what should we do?</p> <p>What are some benefits of saving money? What different ways can money be saved? What costs go into producing an item? What factors go into deciding a sales price? What is meant by the term interest?</p> <p>Are any jobs more important than any others? Are any jobs harder work than the others? Do any jobs take more time than the others? Do any jobs require some training or briefing before they are performed? Do any jobs have greater responsibility than the others? Are all jobs paid for at the same rate in the real world? Why not? Would it be fairer to pay each job the same? Why or why not? What is tax? What is the money used for? Are some public services more important than others? Would it be easy to do away with any of the public services? What would life be like if any one of</p>	<p>Do you think everyone is happy to receive photos of genitals on their phone? Do you think someone who sends a picture of their genitals to a friend expects them to forward it to their other friends? Is it legal to forward a sexual picture without the persons consent?</p> <p>What do we mean by a habit? What sort of habits do people have? Is a habit necessarily a harmful thing? Are general day to day routines a habit? What do we mean by addiction? Is addiction the same thing as a habit?</p> <p>What do we mean by the word drug? Are medicines drugs? Can medicines ever be harmful? How? Are drugs always used for medical reasons? Why else might someone use a drug? What do we mean by the terms 'legal' and 'illegal' drugs? What drugs have you heard of? Is it possible to divide these drugs into different categories? What sort of drug is alcohol? Is it ever illegal to sell alcohol to people in this country? Does alcohol ever have a medical use?</p> <p>Are legal drugs legal for anybody to buy? Why are there age restrictions? Does a person's body and brain stop developing when they reach eighteen? Is there such a thing as a safe drug? Why do some shops restrict the sale of high-caffeine energy drinks to under-sixteens? If a drug is illegal what does that mean? Why are some drugs</p>	<p>you think you should view your body?</p> <p>What is meant by the term stereotype? How does the media sometimes reinforce gender stereotypes? How can we challenge stereotypical gender portrayals of people?</p> <p>If we share photographs online what might the consequences be? Do people feel under pressure to share a photo online? Where might this pressure to share when we don't want to come from? If someone is putting pressure on you to do something you don't want to do, whether it's face-to-face or online, what can you do? Who can you get help from? What can you do to make yourself feel safer?</p> <p>What is puberty? What strategies might help someone who felt challenged by the changes in puberty? Who is the best person to decide what happens to a person's body? If you were concerned about yourself, or another young person you know, are there people you can think of who can help? Is it legal to practice FGM in this country?</p> <p>What is a surprise? What is a secret? Are all surprises secrets? Are all secrets surprises? How might a secret make someone feel? Some secrets are safe to keep and some secrets are unsafe and we need to talk to someone about them.</p>
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	<p>person be appropriate, inappropriate or illegal?</p> <p>Who plays games online? What games do you play? Do you play the game alone or with others? Do you have a special username and online character? Do other people know who you are also in the game or are you anonymous? Do you chat with people online? How? Do you or your friends ever share photos online? What do you need to consider to keep safe online? What should never be shared online?</p>		<p>assume certain things about someone just by looking at them? Why is it important we don't do that? How might a person feel if others held a stereotypical view of them?</p>	<p>the public services was cut completely? If public services look like they need to be cut then should the government increase the taxes to find the extra funding for them?</p> <p>What do we mean by the terms voluntary, community and pressure (action) group? Why do people form such groups? How do these groups help or support the community? What difference do they make?</p> <p>What is meant by living in an environmentally sustainable way? What actions could be taken to live in a more environmentally sustainable way?</p> <p>What is meant by the word democracy? What is an election? Why is it important that everyone is given a chance to present their policies to the voters? Why is it fair that all the voters have a chance to listen to each party's policies and hear their candidate speak? In this country the party with a clear majority of candidates from all the different constituencies forms the next government. Is this a fair system? If so, why? If not, what might make it fairer?</p> <p>What school rules are there? Why do we have rules? Who makes the rules? What happens if people break the rules? Who makes the rules that apply to everyone in our country? How do people benefit from laws?</p>	<p>illegal and some legal? What would happen if someone was found guilty of breaking the drug laws? How long does a drugs criminal record last? What does having a drugs criminal record mean to somebody? Why are drug laws not the same in all countries? How are drug laws decided? Who decides them?</p> <p>What do you think some of the effects of drinking alcohol are? Why do you think a child's body is affected by alcohol more than an adult's? What do you think is the legal age limit at which someone can be sold alcohol? Does someone's body stop growing at the age 18?</p> <p>What basic emotional needs do we have? How can these needs be met? How do these emotional needs impact on people's behaviour?</p> <p>What does it mean to be independent? What has made you more independent in the last year? How does it make you feel? How would they be more independent? What responsibilities would go with this?</p>	<p>Can anyone think of an example of a safe or an unsafe secret?</p> <p>Why do we all go through puberty? What changes happen through puberty to allow sexual reproduction to occur? How does conception occur? Does conception always occur as a result of sexual intercourse, or can it be prevented? What is consent? What is the legal age of consent?</p> <p>What is HIV? How is HIV transmitted? What do you think someone who had just found out they had HIV would feel like? What would they need? How would they want to be treated? Why are some people scared about HIV and prejudiced towards people living with HIV? Why might some people not want to help someone who has HIV?</p>

				Who might object to these laws? Why? What changes (amendments) would you want to make to this law, if any? What would be appropriate penalties for people found breaking this law? Who would enforce this law?		
Vocabulary	collaboration, negotiation, balanced friendship, assertive, assertiveness, sensitive, marriage, appropriate, privacy settings, teamwork, compromise, respectful, peer pressure, resolution, thoughtful, civil partnership, inappropriate, identity theft, assertive, response, forced marriage, illegal, secure	wellbeing, aspirations, health, assessing risk, Red Cross, connect, goal setting, wellbeing, weigh up, weigh up, first aid, be active, perseverance, accurate, dilemma, choices, emergency, take notice (mindful), reliable, influence, 999, keep learning (get creative), sources, ambulance, give, operator, information, serious, adult, scenario, script, role, feelings, panic, calm, responsive, unresponsive	witness, unique, point of view, relationships, stereotype, bystander, diversity, cultural norms, identity, friend, gender stereotype, unique, biological sex, respect, , prejudice, acquaintance, media influence, positive feedback, sexual orientation, disrespect, respect, assumption, confidence, gender identity, body language, diversity, self-esteem, gender expression, empathy, tolerance	social media, saving, tax, voluntary group, campaign bid, environmentally, sustainable, democracy, proposal profile, bank (building society) account, income tax (PAYE), community group, mission statement, composting, election, debate, image, Junior ISA, VAT, pressure (action) group, pitch, recycling, manifesto, amendments, online safety, interest, public services, mission statement, grant, energy, candidate, penalties, sharing, debit card, values, beneficiary, materials, voting, enforcement, cash, beneficiary, waste, policies, majority, value, transport, voting booth, House of Commons, shop local, ballot slip, House of Lords, food miles, ballot box, Royal Assent, Fair Trade, constituencies, reuse, MP	social media, privacy, right to privacy, habit, drug, drug laws, alcohol, physical needs, independence, parental consent, personal information, sharing online, addiction, legal, age restrictions, short-term effects, emotional needs, responsibility, trolling, online safety, permission, emotional needs, illegal, possess, long-term effects, conflicting emotions, , illegal, medical, supply, risks, sharing, sexual images, non-medical, produce, norms, penalties	body image, media manipulation, peer pressure, puberty, in confidence, egg, HIV support, self-esteem, stereotype, right to privacy, physical changes, break a confidence, ovaries, infection conversation, manipulation, gender stereotype, sharing online, emotional changes, confidential, sperm, immune system, discuss, online safety, rights, testicles, virus, FGM, puberty, transmission, vagina, sharing needles, penis, sexual contact, orgasm, condom, embryo, prejudice, womb, sexual intercourse, consensual, condom, surrogacy, adoption, IVF, age of consent, miscarriage