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

| Primary/Half-termly unit titles | 1<br>Me and my Relationships | 2<br>Valuing Difference | 3<br>Keeping Safe | 4<br>Rights and Respect | 5<br>Being my Best | 6<br>Growing and Changing |
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| **P1** | What makes me special<br>People close to me<br>Getting help | Similarities and difference<br>Celebrating difference<br>Showing kindness | Keeping my body safe<br>Safe secrets and touches<br>People who help to keep us safe | Looking after things: friends, environment, money | Keeping by body healthy – food, exercise, sleep<br>Growth Mindset | Cycles<br>Life stages |
| **P2** | Feelings<br>Getting help<br>Classroom rules<br>Special people<br>Being a good friend | Recognising, valuing and celebrating difference<br>Developing respect and accepting others<br>Bullying and getting help | How our feelings can keep us safe<br>Keeping healthy<br>Medicine Safety<br>Sleep | Taking care of things:<br>Myself<br>My money<br>My environment | Growth Mindset<br>Healthy eating<br>Hygiene and health<br>Cooperation | Getting help<br>Becoming independent<br>My body parts<br>Taking care of self and others |
| **P3** | Bullying and teasing<br>Our school rules about bullying<br>Being a good friend<br>Feelings/self-regulation | Being kind and helping others<br>Celebrating difference<br>People who help us<br>Listening Skills | Safe and unsafe secrets<br>Appropriate touch<br>Medicine safety | Cooperation<br>Self-regulation<br>Online safety<br>Looking after money – saving and spending | Growth Mindset<br>Looking after my body<br>Hygiene and health<br>Exercise and sleep | Life cycles<br>Dealing with loss<br>Being supportive<br>Growing and changing<br>Privacy |
| **P4** | Rules and their purpose<br>Cooperation<br>Friendship (including respectful relationships)<br>Coping with loss | Recognising and respecting diversity<br>Being respectful and tolerant<br>My community | Managing risk<br>Decision-making skills<br>Drugs and their risks<br>Staying safe online | Skills we need to develop as we grow up<br>Helping and being helped<br>Looking after the environment<br>Managing money | Keeping myself healthy and well<br>Celebrating and developing my skills<br>Developing empathy | Relationships<br>Changing bodies and puberty<br>Keeping safe<br>Safe and unsafe secrets |
| **P5** | Healthy relationships<br>Listening to feelings<br>Bullying<br>Assertive skills | Recognising and celebrating difference (including religions and cultural difference)<br>Understanding and challenging stereotypes | Managing risk<br>Understanding the norms of drug use (cigarette and alcohol use)<br>Influences<br>Online safety | Making a difference (different ways of helping others or the environment)<br>Media influence<br>Decisions about spending money | Having choices and making decisions about my health<br>Taking care of my environment<br>My skills and interests | Body changes during puberty<br>Managing difficult feelings<br>Relationships including marriage |
| **P6** | Feelings<br>Friendship skills, including compromise<br>Assertive skills<br>Cooperation<br>Recognising emotional needs | Recognising and celebrating difference, including religions and cultural<br>Influence and pressure of social media | Managing risk, including online safety<br>Norms around use of legal drugs (tobacco, alcohol)<br>Decision-making skills | Rights, respect and duties relating to my health<br>Making a difference<br>Decisions about lending, borrowing and spending | Growing independence and taking ownership<br>Keeping myself healthy<br>Media awareness and safety<br>My community | Managing difficult feelings<br>Managing change<br>How my feelings help keeping safe<br>Getting help |
| **P7** | Assertiveness<br>Cooperation<br>Safe/unsafe touches<br>Positive relationships | Recognising and celebrating difference<br>Recognising and reflecting on prejudice-based bullying<br>Understanding Bystander behaviour<br>Gender stereotyping | Understanding emotional needs<br>Staying safe online<br>Drugs: norms and risks (including the law) | Understanding media bias, including social media<br>Caring: communities and the environment<br>Earning and saving money<br>Understanding democracy | Aspirations and goal setting<br>Managing risk<br>Looking after my mental health | Coping with changes<br>Keeping safe<br>Body Image<br>Sex education<br>Self-esteem |

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