

## SCARF PSHE Long Term overview – Mixed age classes

Cycle A 2025/2026	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Willow</b>	<p><b>Me and my relationships</b> What makes me special People close to me Getting help</p>	<p><b>Valuing difference</b> Similarities &amp; difference Celebrating difference Showing kindness</p>	<p><b>Being my best</b> Keeping my body healthy – food, exercise, sleep Growth Mindset</p>	<p><b>Growing and changing</b> Cycles Life stages Girls &amp; boys – similarities &amp; difference</p>	<p><b>Rights and respect</b> Looking after things: friends, environment, money</p>	<p><b>Keeping safe</b> Keeping my body safe Safe secrets &amp; touches People who help to keep us safe</p>
<b>Chestnut</b>	<p><b>Keeping safe (y2)</b> Safe &amp; unsafe secrets Appropriate touch Medicine safety</p>	<p><b>Keeping safe (y1)</b> How our feelings can keep us safe – inc. online safety Safe &amp; unsafe touches Medicine Safety Sleep</p>	<p><b>Me and my relationships (y2)</b> Bullying &amp; teasing Our school rules about bullying Being a good friend Feelings/self-regulation</p>	<p><b>Me and my relationships (y1)</b> Feelings Getting help Classroom rules Special people Being a good friend</p>	<p><b>Rights and respect (y2)</b> Cooperation Self-regulation Online safety Looking after money – saving &amp; spending</p>	<p><b>Valuing difference (y1)</b> Recognising, valuing &amp; celebrating difference Developing respect &amp; accepting others Bullying &amp; getting help</p>
<b>Oak</b> (In Spring term undertaking One Goal Mental Health champion training)	<p><b>Being my best (y4)</b> Having choices &amp; making decisions about my health Taking care of my environment My skills &amp; interests</p>	<p><b>Rights and respect (y3)</b> Cooperation Self-regulation Online safety Looking after money – saving &amp; spending</p>	<p><b>Me and my relationships (y3)</b> Cooperation Online rules &amp; restrictions Online behaviours Friendship (respectful relationships) Coping with loss</p>	<p><b>Keeping safe (y3) /One goal MH Champions</b> Managing risk Decision-making skills Drugs &amp; their risks Staying safe online Digital literacy</p>	<p><b>Valuing difference (y3)</b> Recognising &amp; respecting diversity Being respectful &amp; tolerant My community Bullying, inc. online</p>	<p><b>Growing and changing (y4)</b> Body changes during puberty Managing difficult feelings Relationships inc. marriage</p>
<b>Hawthorn</b>	<p><b>Me and my relationships (y5)</b> Feelings Friendship skills, inc. compromise Assertive skills Cooperation Recognising emotional needs</p>	<b>DAaRT</b>	<p><b>Rights and respect (y6)</b> Understanding media bias Digital critical thinking Caring: communities &amp; the environment Earning &amp; saving money Understanding democracy</p>	<p><b>Being my best (y6)</b> Aspirations Managing risk Looking after wellbeing Digital literacy &amp; critical thinking skills</p>	<p><b>Valuing difference (y6)</b> Recognising &amp; celebrating difference Recognising &amp; reflecting on prejudice-based bullying Bystander behaviour Gender stereotyping</p>	<p><b>Growing and changing (y5)/ RSE</b> Managing difficult feelings Managing change How my feelings help keeping safe Getting help</p>

## SCARF PSHE Long Term overview – Mixed age classes

Cycle B 2026/2027	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Willow</b>	<p><b>Me and my relationships</b> What makes me special People close to me Getting help</p>	<p><b>Valuing difference</b> Similarities &amp; difference Celebrating difference Showing kindness</p>	<p><b>Being my best</b> Keeping my body healthy – food, exercise, sleep Growth Mindset</p>	<p><b>Growing and changing</b> Cycles Life stages Girls &amp; boys – similarities &amp; difference</p>	<p><b>Rights and respect</b> Looking after things: friends, environment, money</p>	<p><b>Keeping safe</b> Keeping my body safe Safe secrets &amp; touches People who help to keep us safe</p>
<b>Chestnut</b>	<p><b>Being my best (y1)</b> Growth Mindset Healthy eating Hygiene &amp; health Cooperation</p>	<p><b>Keeping safe (y2)</b> Safe &amp; unsafe secrets Appropriate touch Medicine safety</p>	<p><b>Me and my relationships (y1)</b> Feelings Getting help Classroom rules Special people Being a good friend</p>	<p><b>Rights and respect (y2)</b> Cooperation Self-regulation Online safety Looking after money – saving &amp; spending</p>	<p><b>Growing and changing (y1)</b> Getting help Becoming independent My body parts Taking care of self &amp; others</p>	<p><b>Valuing difference (y2)</b> Being kind &amp; helping others Celebrating difference People who help us Listening Skills</p>
<b>Oak</b> (In Spring term undertaking One Goal Mental Health champion training)	<p><b>Being my best (y3)</b> Keeping myself healthy &amp; well Celebrating &amp; developing my skills Developing empathy</p>	<p><b>Rights and respect (y4)</b> Making a difference (different ways of helping others or the environment) Media influence &amp; digital literacy Decisions about spending money</p>	<p><b>Me and my relationships (y3)</b> Cooperation Online rules &amp; restrictions Online behaviours Friendship (respectful relationships) Coping with loss</p>	<p><b>Keeping safe (y4)</b> Managing risk inc. online Understanding the norms of drug use (cigarette &amp; alcohol use) Influences Online safety &amp; behaviours</p>	<p><b>Valuing difference (y4)</b> Recognising &amp; celebrating difference (inc. religions &amp; cultural difference) Understanding &amp; challenging stereotypes</p>	<p><b>Growing and changing (y3)</b> Changing bodies &amp; puberty Keeping safe Safe &amp; unsafe secrets Relationships, inc. online</p>
<b>Hawthorn</b>	<p><b>Me and my relationships (y6)</b> Assertiveness Cooperation Safe/unsafe touches Positive relationships</p>	<p><b>Keeping safe (y5/6)</b> Understanding emotional needs Staying safe online Digital footprint Drugs: norms &amp; risks (inc. the law)</p>	<p><b>Rights and respect (y5)</b> My health rights, respect &amp; duties Making a difference Decisions about lending, borrowing &amp; spending Media manipulation Artificial Intelligence</p>	<p><b>Being my best (y5)</b> Growing independence &amp; taking ownership Keeping myself healthy Media awareness &amp; safety My community</p>	<p><b>Valuing difference (y5)</b> Recognising &amp; celebrating difference, inc. religions &amp; cultural Critical digital awareness Online Bullying &amp; self esteem</p>	<p><b>Growing and changing (y6)/ RSE</b> Coping with changes Keeping safe inc. online AI/ deep fakes Body Image Sex education Self-esteem</p>