



Amington Heath Primary School PSHE, Relationships and Sex Education
Curriculum
(Adapted from SCARF)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Being My Best Marvellous me! I'm special I can keep trying I can do it!	Rights and Responsibilities Looking after myself Looking after my environment Looking after others	Me and My Relationships Me and my friends People who are special to me	Valuing Differences Friends and family Including everyone	Growing and Changing Growing and changing in nature When I was a baby Girls, boys and families	Keeping Myself Safe and Healthy Safety Indoors and Outdoors What's safe to go into my body What does my body need? People who help to keep me safe (N)
Reception	Being My Best All about me What makes me special I'm special, you're special My feelings My feelings (2) Listening to my feelings (1) Yes, I can!	Rights and Responsibilities I am caring (formerly Kind and caring -1) Kind and caring (2) Being helpful at home and caring for our classroom Caring for our world Looking after money (1): recognising, spending, using Looking after money (2): saving money and keeping it safe	Keeping Myself Safe and Healthy Healthy eating (1) Healthy eating (2) Move your body A good night's sleep Safe indoors and outdoors Keeping Myself Safe - What's safe to go into my body (including medicines) Keeping safe online	Me and My Relationships Me and my special people Looking after my special people Looking after my friends Who can help me? Bouncing back when things go wrong	Growing and Changing Seasons Life stages - plants, animals, humans Where do babies come from? Life Stages: Human life stage - who will I be? Getting bigger Me and my body - girls and boys	Valuing Differences Same and different Same and different homes Same and different families People who help to keep me safe
Year One	Being My Best Why we have classroom rules Our feelings Feelings and bodies Thinking about feelings Harold loses Geoffrey How should we look after our money? Harold's money	Rights and Responsibilities Harold's school rules Around and about the school Taking care of something Harold has a bad day Catch it! Bin it! Kill it! Basic first aid	Keeping Myself Safe and Healthy Who can help? (1) Harold's wash and brush up Healthy me Eat well I can eat a rainbow Super sleep What could Harold do? Sharing pictures	Valuing Differences Pass on the praise! Same or different? Our special people balloons Unkind, tease or bully? Who can help? (2)	Growing and Changing Inside my wonderful body! Taking care of a baby Then and now Keeping privates private Good or bad touches? Surprises and secrets	Me and My Relationships (Forest School Led) Harold learns to ride his bike It's not fair! How are you listening? Good friends Who are our special people?
Year 2	Rights and Responsibilities Our ideal classroom (1) Our ideal classroom (2) Getting on with others How can we look after our environment? Feeling safe What should Harold say? Harold saves for something special Harold goes camping	Being My Best You can do it! Let's all be happy! How are you feeling today? When I feel like erupting I don't like that! Basic first aid	Me and My Relationships My special people Should I tell? Being a good friend Bullying or teasing? Types of bullying Don't do that! Sam moves away	Keeping Myself Safe and Healthy My day How safe would you feel? My body needs... Harold's bathroom Harold's postcard - helping us to keep clean and healthy Harold's picnic Playing games	Growing and Changing What does my body do? Haven't you grown! My body, your body Respecting privacy Fun or not? Some secrets should never be kept	Valuing Differences (Forest School Led) A helping hand What makes us who we are? How do we make others feel? When someone is feeling left out An act of kindness Solve the problem



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Year 3	Rights and Responsibilities As a rule Harold's environment project Let's have a tidy up! Can Harold afford it? Earning money	Keeping Myself Safe (Forest School Led) Safe or unsafe? The Risk Robot Raisin challenge (1) Danger or risk? Helping each other to stay safe Help or harm?	Being My Best Tangram team challenge I am fantastic! Top talents Thunks For or against? My special pet	Me and My Relationships Friends are special Looking after our special people How can we solve this problem? Relationship Tree My community Our helpful volunteers	Growing and Changing Body team work Getting on with your nerves! Body space My changing body Secret or surprise? Dan's dare Alcohol and cigarettes: the facts	Valuing Differences Respect and challenge Let's celebrate our differences Family and friends Our friends and neighbours Zeb
Year 4	Rights and Responsibilities How do we make a difference? It's your right Who helps us stay healthy and safe? In the news! Picture Wise Harold's expenses Why pay taxes?	Me and My Relationships Human machines Can you sort it? Islands Friend or acquaintance? Ok or not ok? (part 1) Ok or not ok? (part 2) Raisin challenge (2)	Being My Best (Forest School Led) Different feelings An email from Harold! When feelings change What makes me ME! Harold's Seven Rs Logo quiz Volunteering is cool	Valuing Differences My school community (1) The people we share our world with What would I do? Under pressure Safety in numbers That is such a stereotype!	Growing and Changing Secret or surprise? Moving house All change! My feelings are all over the place! Preparing for periods (formerly Period positive) Together	Keeping Myself Safe and Healthy SCARF Hotel Making choices Keeping ourselves safe Danger, risk or hazard? How dare you! Know the norms Medicines: check the label
Year 5	Me and My Relationships (Forest School Led) How good a friend are you? Qualities of friendship It could happen to anyone Give and take Dear Hetty Relationship cake recipe Taking notice of our feelings	Valuing Differences (Forest School Led or Classroom Led) Star qualities? Boys will be boys? - challenging work-place gender stereotypes Stop, start, stereotypes The land of the Red People Happy being me Spot bullying	Keeping Myself Safe and Healthy Getting fit 'Thinking' about habits Smoking: what is normal? Would you risk it? Drugs: true or false? Fact or opinion?	Being My Best (Forest School Led or Classroom Led) Collaboration Challenge! Different skills Our emotional needs How are they feeling? Jay's dilemma Being assertive Mo makes a difference	Growing and Changing Ella's diary dilemma It all adds up! Growing up and changing bodies Changing bodies and feelings Help! I'm a teenager - get me out of here! Dear Ash Is it true?	Rights and Responsibilities Independence and responsibility Rights, responsibilities and duties Kind conversations Communication Local councils Lend us a fever! Spending wisely
Year 6	Being My Best Working together I look great! Dan's day Helpful or unhelpful? Managing change This will be your life! Joe's story (part 1) Assertiveness skills	Valuing Differences Respecting differences We have more in common than not OK to be different Tolerance and respect for others Media manipulation Two sides to every story	Rights and Responsibilities Joe's story (part 2) What's it worth? Jobs and taxes Action stations! Happy shoppers Democracy in Britain 1 - Elections Democracy in Britain 2 - How (most) laws are made	Me and My Relationships (Forest School Led) Solve the friendship problem Advertising friendships! Behave yourself Facebook friends Let's negotiate Don't force me	Growing and Changing Is this normal? Making babies Acting appropriately What's the risk? (1) What's the risk? (2) Pressure online To share or not to share?	Keeping Myself Safe and Healthy Rat Park What sort of drug is...? Drugs: it's the law! Alcohol: what is normal? It's a puzzle Traffic lights Think before you click!