

SCARF PSHE and RSHE Long Term Map – Collingtree CE Primary School

All SCARF lesson plans have been organised into six key themes/ blocks:

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

We teach the Growing and Changing unit in single age year groups during the summer 2 term.

Class	2026/2027	2027/2028	2028/2029
Acorns	B	A	B
Field Maples	B	A	B
Hawthorn	A	B	C

Acorns

Reception & Y1 – Year A

Me and My Relationships

- My feelings (R)
- My feelings (2) (R)
- Why we have classroom rules (Y1)
- Who can help me (R)
- Thinking about feelings (Y1)
- Our feelings (Y1)

Rights and Respect

- Looking after my special people (R)
- Harold has a bad day (Y1)
- Around and about the school (Y1)
- Looking after my friends (R)
- Being helpful at home and caring for our classroom (R)
- Basic first aid (Y1)

Valuing Difference

- I'm special, you're special (R)
- Same or different? (Y1)
- Unkind, tease or bully? (Y1)
- I am a friend (R)
- I am caring (R)
- It's not fair (Y1)

Being My Best

- Bouncing back when things go wrong (R)
- Yes I can (R)
- I can eat a rainbow (Y1)
- Move your body (R)
- Healthy eating (R)
- Harold learns to ride his bike (Y1)

Keeping Safe

- What's safe to go onto my body (R)
- Super sleep (Y1)
- Safe indoors and outdoors (R)
- Listening to my feelings (R)
- Sharing pictures (Y1)
- Me and my body – girls and boys (Y1)

Growing and Changing

Taught in separate year groups – see each year group content below

Acorns

Reception and Y1 – Year B

Me and My Relationships

- Me and my special people (R)
- How are you listening? (Y1)
- Good friends (Y1)
- All about me (R)
- What makes me special (R)
- Feelings and bodies (Y1)

Rights & Respect

- Looking after money (1): recognising, spending, using (R)
- Looking after money (2): saving money and keeping it safe (R)
- Taking care of something (Y1)
- Caring for our world (R)
- Harold's money (R)
- How should we look after our body? (Y1)

Valuing Difference

- Same and different families (R)
- Same and different homes (R)
- Harold's school rules (Y1)
- Same and different (R)
- Who are our special people? (Y1)
- Our special people balloons (Y1)

Being my best

- My healthy mind (R)
- Eat well (Y1)
- Pass on the praise (Y1)
- A good night's sleep (R)
- Harold's wash and brush up (Y1)
- Catch it! Bin it! Kill it! (Y1)

Keeping Safe

- Keeping myself safe – what's safe to go into my body (inc. medicines) (R)
- Who can help (1) (Y1)
- Good or bad touches (Y1)
- Keeping safe online (R)
- People who help to keep me safe (R)
- What could Harold do? (Y1)

Growing and Changing

Taught in separate year groups – see each year group content below

Field Maples

Y2 & Y3 – Year A

Me and My Relationships

- Our ideal classroom (1) (Y2)
- Looking after our special people (Y3)
- Dan's Dare (Y3)
- Types of bullying (Y2)
- Don't do that (Y2)
- Friends are special (Y3)

Rights & Respect

- Playing games (Y2)
- Harold saves for something special (Y2)
- Helping each other to stay safe (Y3)
- How can we look after our environment? (Y2)
- Our helpful volunteers (Y3)
- Can Harold afford it? (Y3)

Valuing Difference

- What makes us who we are (Y2)
- Respect and challenge (Y3)
- Family and friends (Y3)
- When someone is feeling left out (Y2)
- An act of kindness (Y2)
- Our friends and neighbours (Y3)

Being My Best

- You can do it! (Y2)
- My day (Y2)
- Poorly Harold (Y3)
- Harold's bathroom (Y2)
- Top talents (Y3)
- For or against? (Y3)

Keeping Safe

- Harold's picnic (Y2)
- How safe would you feel? (Y2)
- Safe or unsafe? (Y3)
- Danger or risk? (Y3)
- Fun or not? (Y2)
- Help or harm (Y3)

Growing and Changing

Taught in separate year groups – see each year group content below

Field Maples

Y2 & Y3 – Year B

Me and My Relationships

- How are you feeling today? (Y2)
- As a rule (Y3)
- How can we solve the problem? (Y3)
- Let's all be happy! (Y2)
- Being a good friend (Y2)
- Thunks (Y3)

Rights & Respect

- Feeling safe (Y2)
- Recount task (Y3)
- Getting on with others (Y2)
- When I feel like erupting (Y2)
- Harold's environmental project (Y3)
- Earning money (Y3)

Valuing Difference

- My special people (Y2)
- How do we make others feel? (Y2)
- My community (Y3)
- Solve the problem (Y2)
- Zeb (Y3)
- Let's celebrate our difference (Y3)

Being My Best

- Harold's Postcard – helping us to keep clean and healthy (Y2)
- Basic first aid (Y2)
- Body team work (Y3)
- What does my body do? (Y2)
- Derek cooks dinner! (healthy eating) (Y3)
- I am fantastic (Y3)

Keeping Safe

- What should Harold say? (Y2)
- I don't like that (Y2)
- The risk robot (Y3)
- Should I tell? (Y2)
- Super searcher (Y3)
- Alcohol and cigarettes: the facts (Y3)

Growing and Changing

Taught in separate year groups – see each year group content below

Hawthorn

Y4 - Y6 – Year A

Me and My Relationships

- Ok or not ok? (part 1)(Y4)
- Ok or not ok? (part 2) (Y4)
- Our emotional needs (Y5)
- Being assertive (Y5)
- Behave yourself (Y6)
- Assertiveness skills (Y6)

Rights and Respect

- Safety in numbers (Y4)
- Why pay taxes (Y4)
- What's the story? (Y5)
- Fact or opinion (Y5)
- Democracy in Britain 1 – Elections (Y6)
- Democracy in Britain 2 – How (most) laws are made (Y6)

Valuing Difference

- The people we share our world with (Y4)
- That is such a stereotype! (Y4)
- Qualities of friendship (Y5)
- Kind conversations (Y5)
- Advertising friendships (Y6)
- Boys will be boys? – challenging gender stereotypes (Y6)

Being My Best

- What makes me ME! (Y4)
- Making choices (Y4)
- Star qualities? (Y5)
- Basic first aid, inc. Sepsis awareness (Y5)
- This will be your life! (Y6)
- Our recommendations (Y6)

Keeping Safe

- Picture wise (Y4)
- Medicines: check the label (Y4)
- Vaping: healthy or unhealthy? (Y5)
- Would you risk it? (Y5)
- Rat Park (Y6)
- What sort of drug is...? (Y6)

Growing and Changing

Taught in separate year groups – see each year group content below

Hawthorn

Y4 - Y6 – Year B

Me and My Relationships

- An email from Harold! (Y4)
- Different feelings (Y4)
- Collaboration challenge (Y5)
- Give and take (Y5)
- Don't force me (Y6)
- Acting appropriately (Y6)

Rights and Respect

- Who helps us to stay healthy and safe? (Y4)
- It's your right (Y4)
- Spending wisely (Y5)
- Lend us a fiver! (Y5)
- Two sides to every story (Y6)
- Fakebook friends (Y6)

Valuing Difference

- Friend or acquaintance? (Y4)
- Islands (Y4)
- Is it true? (Y5)
- Start, stop, stereotypes (Y5)
- Ok to be different (Y6)
- We have more in common than not (Y6)

Being my Best

- My school community (1) (Y4)
- Basic first aid (Y4)
- It all adds up! (Y5)
- Different skills (Y5)
- What's the risk? (1) (Y6)
- What's the risk? (2) (Y6)

Keeping Safe

- Danger, risk or hazard? (Y4)
- How dare you! (Y4)
- Spot bullying (Y5)
- Play, like, share (Y5)
- Drugs: it's the law! (Y6)
- Alcohol: what is normal (Y6)

Growing and Changing

Taught in separate year groups – see each year group content below

Hawthorn

Y4 - Y6 – Year C

Me and My Relationships

- Human machines (Y4)
- Under pressure (Y4)
- How good a friend are you? (Y5)
- Relationship cake recipe (Y5)
- Working together (Y6)
- Solve the friendship problem (Y6)

Rights and Respect

- How do we make a difference? (Y4)
- In the news! (Y4)
- Mo makes a difference (Y5)
- Rights respect and duties (Y5)
- What's it worth? (Y6)
- Happy shoppers – caring for the environment (Y6)

Valuing Difference

- Can you sort it? (Y4)
- What would I do? (Y4)
- Happy being me (Y5)
- The land of the red people (Y5)
- Respecting differences (Y6)
- Tolerance and respect for others (Y6)

Being My Best

- SCARF hotel (Y4)
- Harold's seven R's (Y4)
- My school community (Y5)
- Independence and responsibility (Y5)
- Basic first aid, inc. Sepsis awareness (Y6)
- Five ways to wellbeing project (Y6)

Keeping Safe

- Keeping ourselves safe (Y4)
- Raisin challenge (Y4)
- Decision dilemmas (Y5)
- Ella's diary dilemma (Y5)
- Think before you click? (Y6)
- To share or not to share? (Y6)

Growing and Changing

Taught in separate year groups – see each year group content below

Cross Curricular Lessons

Let's have a Tidy Up (Y3)

Can be added to either 'Rights and Respect' or 'Being my Best' units

Volunteering is Cool (Y4)

Can be added to either 'Rights and Respect' or 'Being my Best' units

Growing and Changing – Reception

- Life Stages – plants, animals, humans (R)
- Life stages: Human life stage – who will I be? (R)
- Where do babies come from? (R)
- Seasons (R)
- Getting bigger (R)
- Me and my body – girls and boys (R)

Growing and Changing – Year 1

- Healthy me (Y1)
- Taking care of a baby (Y1)
- Surprises and secrets (Y1)
- Then and now (Y1)
- Who can help (2) (Y1)
- Keeping privates private (Y1)

Growing and Changing – Year 2

- A helping hand (Y2)
- Haven't you grown! (Y2)
- My body, your body (Y2)
- Sam moves away (Y2)
- Respecting privacy (Y2)
- Some secrets should never be kept (Y2)

Growing and Changing – Year 3

- Relationship tree (Y3)
- Body Space (Y3)
- My changing body (Y3)
- None of your business (Y3)
- Secret or surprise? (Y3)
- Basic first aid (Y3)

Growing and Changing – Year 4

- Secret or surprise? (Y4)
- Together (Y4)
- All change! (Y4)
- Preparing for changes at puberty (Y4)
- Moving House (Y4)
- My feelings are all over the place (Y4)

Growing and Changing – Year 5

- How are they feeling? (Y5)
- Taking notice of our feelings (Y5)
- Changing bodies and feelings (Y5)
- Help! I'm a teenager get me out of here! (Y5)
- Dear Ash (Y5)
- Growing up and changing bodies (Y5)

Growing and Changing – Year 6

- **Pressure online (Y6)**
- **Helpful or unhelpful? Managing change (Y6)**
- **I look great! (Y6)**
- **Media Manipulation (Y6)**
- **Is this normal? (Y6)**
- **Making babies (Y6)**