

Coverage Map – PSHE Long Term Plan (including DfE requirements for Relationships Education and Health Education). Based on SCARF curriculum and Kidsafe (shaded areas).

Year/Term	1 Me and My Relationships	2 Valuing Difference	3 Keeping Myself Safe	4 Rights and Responsibilities	5 Being My Best	6 Growing and Changing
NURSERY	All About Me	Same and different Different Families and homes Kindness and Caring	Keeping my body safe People who help me keep safe	Looking after myself and my friends Caring for my environment	Bouncing back (Growth Mindset) Exercise and sleep	Changes
RECEPTION	What makes me special People close to me Getting help	Similarities and difference Celebrating difference Showing kindness	Keeping my body safe Safe secrets and touches People who help to keep us safe SCARF/KIDSAFE REPETITION HERE	Looking after things: friends, the environment, money	Keeping my body healthy – food, exercise, sleep Growth Mindset	Cycles Life stages
Y1	Feelings Getting help Classroom rules	Recognising, valuing and celebrating difference Developing tolerance and respect	How our feelings can keep us safe Keeping healthy Medicine safety	Taking care of things: My self My money My environment	Growth Mindset Keeping my body healthy	Getting help Becoming independent My body parts
Y2	Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation Kidsafe Keeping safe Private places Parents argue or split up Bullying Trusted grown ups Keeping safe online/DVD rating Game ratings 5 sessions, 6 th session is a recap 3 months later	Being kind and helping others Listening skills	Safe and unsafe secrets Appropriate touch Medicine safety	Cooperation Self-regulation	Growth Mindset Looking after my body	Life cycles – my body Dealing with loss Being supportive
Y3	Cooperation Caring friendships (Includes respectful relationships)	Recognising and respecting diversity Being respectful and tolerant	Managing risk Drugs and their risks Staying safe online	Skills we need to develop as we group up Helping and being helped	Keeping myself healthy Celebrating and developing my skills	Relationships Menstruation Keeping safe
Y4	Recognising feelings Bullying Assertive skills Kidsafe Same as Year 2 using different scenarios to keep it fresh	Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes	Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences	Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money	Having choices and making decisions about my health Taking care of my environment	Body changes during puberty Managing difficult feelings Relationships including marriage
Y5	Feelings Friendship skills, including compromise Assertive skills	Recognising and celebrating difference, including religions and cultural Influence and pressure of social media	Managing risk including staying safe online Drugs: norms and risks (including the law)	Rights and responsibilities Rights and responsibilities relating to my health Decisions about lending, borrowing and spending	Growing independence and taking responsibility Media awareness and safety	Managing difficult feelings Managing change Getting help
Y6	Assertiveness Cooperation Safe/unsafe touches	Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour	Emotional needs Staying safe online Drug: norms and risks (including the law)	Understanding media bias including social media Caring: communities and the environment Earning and saving money	Aspirations and goal setting Managing risk	Keeping safe Body Image Self-esteem Kidsafe Recap rules for private places and death of a pet/low self esteem Bullying, cyberbullying no trusted grown up Playing games/violent films Peer pressure – Bill of rights Anger Parents/carers splitting up Prevent