



**St George's
Primary School
PSHE Unit
Overview**

SCARF lessons form a spiral curriculum through the primary years, the suggested half-termly unit themes are the same for each year group and lesson plans are sequenced in a similar way for each year group, with similar themes and age-appropriate learning opportunities across each year group.

Within each mixed-age class some younger children will be ready for the older lessons; conversely, some older children will find the younger lessons match their needs better. Flexibility and using support staff to help manage the differentiation across two year groups means that this can be done effectively.

2025/26 Year A 2026/27 Year B

SCARF PSHE programme)	Autumn 1 Me and my relationships	Autumn 2 Valuing difference	Spring 1 Keeping myself safe	Spring 2 Rights and responsibilities	Summer 1 Being my best	Summer 2 Growing and changing <i>*Taught in single year groups.</i>
Preschool	We are unique Describing feelings Different families	Personal differences and similarities Celebrating difference Kind friends	Who can help us. Dangers inside and outside Safe and unsafe touch	Healthy choices Helping others	Trying Healthy snack Listening and turn taking	Seasons Babies and animals grow Girls and boys are different
Reception	What makes me special People close to me Getting help	Similarities & difference Celebrating difference Showing kindness	Keeping my body safe Safe secrets & touches People who help to keep us safe	Looking after things: friends, environment, money	Keeping by body healthy – food, exercise, sleep Growth Mindset	Cycles Life stages Girls & boys – similarities & difference
Year 1/2 <i>Year A</i>	Feelings Getting help Classroom rules Special people Being a good friend	Recognising, valuing & celebrating difference Developing respect & accepting others Bullying & getting help	How our feelings can keep us safe – inc. online safety Safe & unsafe touches Medicine Safety Sleep	Taking care of things: Myself My money My environment	Growth Mindset Healthy eating Hygiene & health Cooperation	YEAR 1 ONLY Getting help Becoming independent My body parts Taking care of self and others. YEAR 2 only Life cycles Dealing with loss Being supportive Growing & changing Privacy
Year 1/2 <i>Year B</i>	Bullying & teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Being kind & helping others Celebrating difference People who help us Listening Skills	Safe & unsafe secrets Appropriate touch Medicine safety	Cooperation Self-regulation Online safety Looking after money – saving & spending	Growth Mindset Looking after my body Hygiene & health Exercise & sleep	YEAR 1 ONLY Getting help Becoming independent My body parts Taking care of self and others. YEAR 2 only Life cycles Dealing with loss Being supportive Growing & changing Privacy
Year 3/4 <i>Year A</i>	Cooperation Online rules & restrictions Online behaviours	Recognising & respecting diversity Being respectful & tolerant My community Bullying, inc. online	Managing risk Decision-making skills Drugs & their risks Staying safe online	Helping & being helped Looking after the environment Managing money Developing critical thinking	Keeping myself healthy & well Celebrating & developing my skills Developing empathy	YEAR 3 ONLY Changing bodies & puberty Keeping safe Safe & unsafe secrets

	Friendship (respectful relationships) Coping with loss		Digital literacy			Relationships, inc. online YEAR 4 ONLY Body changes during puberty Managing difficult feelings Relationships inc. marriage
Year 3/ 4 Year B	Healthy relationships Listening to feelings Bullying Assertive skills	Recognising & celebrating difference (inc. religions & cultural difference) Understanding & challenging stereotypes	Managing risk inc. online Understanding the norms of drug use (cigarette & alcohol use) Influences Online safety & behaviours	Making a difference (different ways of helping others or the environment) Media influence & digital literacy Decisions about spending money	Having choices & making decisions about my health Taking care of my environment My skills & interests	YEAR 3 ONLY Changing bodies & puberty Keeping safe Safe & unsafe secrets Relationships, inc. online YEAR 4 ONLY Body changes during puberty Managing difficult feelings Relationships inc. marriage
Year 5/6 Year A	Feelings Friendship skills, inc. compromise Assertive skills Cooperation Recognising emotional needs	Recognising & celebrating difference, inc. religions & cultural Critical digital awareness Online bullying and self esteem	Online safety Bullying inc. online Norms around use of legal drugs (tobacco, alcohol) Decision-making skills	My health rights, respect & duties Making a difference Decisions about lending, borrowing & spending Media Manipulation Artificial Intelligence	Growing independence & taking ownership Keeping myself healthy Media awareness & safety My community	YEAR 5 ONLY Managing difficult feelings Managing change How my feelings help keeping safe Getting help YEAR 6 ONLY Coping with changes Keeping safe inc. online AI/ deep fakes Body Image Sex education Self-esteem
Year 5/ 6 Year B	Assertiveness Cooperation Safe/unsafe touches Positive relationships	Recognising & celebrating difference Recognising & reflecting on prejudice-based bullying Bystander behaviour Gender stereotyping	Understanding emotional needs Staying safe online Digital footprint Drugs: norms & risks (inc. the law)	Understanding media bias Digital critical thinking Caring: communities & the environment Earning & saving money Understanding democracy	Aspirations Managing risk Looking after wellbeing Digital literacy and critical thinking skills	YEAR 5 ONLY Managing difficult feelings Managing change How my feelings help keeping safe Getting help YEAR 6 ONLY Coping with changes Keeping safe inc. online AI/ deep fakes Body Image Sex education Self-esteem