# WHOLE-SCHOOL PSHE OVERVIEW

*SCARF curriculum | 2026–2027*

| Year Group | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|---|---|---|---|---|---|---|
| **Reception** | **Me and My Relationships**<br>• All about me<br>• What makes me special<br>• Me and my special people<br>• Who can help me?<br>• My feelings<br>• My feelings (2) | **Valuing Difference**<br>• I'm special, you're special<br>• Same and different<br>• Same and different families<br>• Same and different homes<br>• I am caring<br>• I am a friend | **Rights and Respect**<br>• Looking after my special people<br>• Looking after my friends<br>• Being helpful at home and caring for our classroom<br>• Caring for our world<br>• Looking after money (1): recognising, spending, using<br>• Looking after money (2): saving money and keeping it safe | **Being My Best**<br>• Bouncing back when things go wrong<br>• Yes, I can!<br>• Healthy eating<br>• My healthy mind<br>• Move your body<br>• A good night's sleep | **Keeping Safe**<br>• What's safe to go onto my body<br>• Keeping Myself Safe - What's safe to go into my body (including medicines)<br>• Safe indoors and outdoors<br>• Listening to my feelings<br>• Keeping safe online<br>• People who help to keep me safe | **Growing and Changing**<br>• Seasons<br>• Life Stages - plants, animals, humans<br>• Life Stages: Human life stage - who will I be?<br>• Getting bigger<br>• Me and my body - girls and boys |
| **Year 1** | **Me and My Relationships**<br>• Why we have classroom rules<br>• How are you listening?<br>• Thinking about feelings<br>• Our feelings<br>• Feelings and bodies<br>• Good friends | **Valuing Difference**<br>• Same or different?<br>• Unkind, tease or bully?<br>• Harold's school rules<br>• It's not fair!<br>• Who are our special people?<br>• Our special people balloons | **Rights and Respect**<br>• Harold has a bad day<br>• Around and about the school<br>• Taking care of something<br>• Harold's money<br>• How should we look after our money?<br>• Basic first aid | **Being My Best**<br>• I can eat a rainbow<br>• Eat well<br>• Harold's wash and brush up<br>• Catch it! Bin it! Kill it!<br>• Harold learns to ride his bike<br>• Pass on the praise!<br>• Inside my wonderful body! (OPTIONAL) | **Keeping Safe**<br>• Super sleep<br>• Who can help? (1)<br>• Good or bad touches?<br>• Sharing pictures<br>• What could Harold do?<br>• Harold loses Geoffrey | **Growing and Changing**<br>• Healthy me<br>• Then and now<br>• Taking care of a baby<br>• Who can help? (2)<br>• Surprises and secrets |
| **Year 2** | **Me and My Relationships**<br>• Our ideal classroom (1)<br>• Our ideal classroom (2) (OPTIONAL)<br>• How are you feeling today?<br>• Let's all be happy!<br>• Being a good friend<br>• Types of bullying<br>• Don't do that! | **Valuing Difference**<br>• What makes us who we are?<br>• My special people<br>• How do we make others feel?<br>• When someone is feeling left out<br>• An act of kindness<br>• Solve the problem | **Rights and Respect**<br>• Getting on with others<br>• When I feel like erupting<br>• Feeling safe<br>• Playing games<br>• Harold saves for something special<br>• Harold goes camping (OPTIONAL)<br>• How can we look after our environment? | **Being My Best**<br>• You can do it!<br>• My day<br>• Harold's postcard - helping us to keep clean and healthy<br>• Harold's bathroom<br>• What does my body do? | **Keeping Safe**<br>• Harold's picnic<br>• How safe would you feel?<br>• What should Harold say?<br>• I don't like that!<br>• Fun or not?<br>• Should I tell? | **Growing and Changing**<br>• A helping hand<br>• Sam moves away<br>• Haven't you grown!<br>• My body, your body<br>• Respecting privacy<br>• Some secrets should never be kept |
| **Year 3** | **Me and My Relationships**<br>• As a rule<br>• Looking after our special people<br>• How can we solve this problem?<br>• Tangram team challenge (OPTIONAL)<br>• Friends are special<br>• Thunks<br>• Dan's dare | **Valuing Difference**<br>• Respect and challenge<br>• Family and friends<br>• My community<br>• Our friends and neighbours<br>• Let's celebrate our differences<br>• Zeb | **Rights and Respect**<br>• Helping each other to stay safe<br>• Recount task<br>• Our helpful volunteers<br>• Can Harold afford it?<br>• Earning money<br>• Harold's environment project<br>• Let's have a tidy up! (OPTIONAL) | **Being My Best**<br>• Derek cooks dinner! (healthy eating)<br>• Poorly Harold<br>• Body team work<br>• For or against?<br>• I am fantastic!<br>• Top talents<br>• Getting on with your nerves! (OPTIONAL) | **Keeping Safe**<br>• Safe or unsafe?<br>• Danger or risk?<br>• The Risk robot<br>• Super Searcher<br>• Help or harm?<br>• Alcohol and cigarettes: the facts | **Growing and Changing**<br>• Relationship tree<br>• Body space<br>• None of your business!<br>• Secret or surprise?<br>• My changing body<br>• Basic first aid |
| **Year 4** | **Me and My Relationships**<br>• Human machines<br>• Ok or not ok? (part 1)<br>• Ok or not ok? (part 2)<br>• An email from Harold!<br>• Different feelings<br>• When feelings change (OPTIONAL)<br>• Under pressure | **Valuing Difference**<br>• Can you sort it?<br>• What would I do?<br>• The people we share our world with<br>• That is such a stereotype!<br>• Friend or acquaintance?<br>• Islands | **Rights and Respect**<br>• Who helps us stay healthy and safe?<br>• It's your right<br>• How do we make a difference?<br>• In the news!<br>• Safety in numbers<br>• Harold's expenses (OPTIONAL)<br>• Why pay taxes? | **Being My Best**<br>• What makes me ME!<br>• Making choices<br>• SCARF hotel<br>• Harold's Seven Rs<br>• My school community (1)<br>• Basic first aid<br>• Volunteering is cool (OPTIONAL) | **Keeping Safe**<br>• Danger, risk or hazard?<br>• How dare you!<br>• Keeping ourselves safe<br>• Picture wise<br>• Medicines: check the label<br>• Traffic lights (OPTIONAL) | **Growing and Changing**<br>• Moving house<br>• My feelings are all over the place!<br>• All change<br>• Preparing for changes at puberty<br>• Secret or surprise?<br>• Together |
| **Year 5** | **Me and My Relationships**<br>• Collaboration Challenge!<br>• Give and take<br>• Communication (OPTIONAL)<br>• How good a friend are you?<br>• Relationship cake recipe<br>• Our emotional needs<br>• Being assertive | **Valuing Difference**<br>• Qualities of friendship<br>• Kind conversations<br>• Happy being me<br>• The land of the Red People<br>• Is it true?<br>• Stop, start, stereotypes<br>• It could happen to anyone (OPTIONAL) | **Rights and Respect**<br>• What's the story?<br>• Fact or opinion?<br>• Mo makes a difference<br>• Rights, respect and duties<br>• Spending wisely<br>• Local councils (OPTIONAL) | **Being My Best**<br>• It all adds up!<br>• Different skills<br>• My school community (2)<br>• Independence and responsibility<br>• Star qualities?<br>• Basic first aid, including Sepsis Awareness | **Keeping Safe**<br>• Spot bullying<br>• Play, like, share<br>• Decision dilemmas<br>• Ella's diary dilemma<br>• Vaping: healthy or unhealthy?<br>• Would you risk it? | **Growing and Changing**<br>• How are they feeling?<br>• Taking notice of our feelings<br>• Dear Ash<br>• Growing up and changing bodies<br>• Changing bodies and feelings<br>• Help! I'm a teenager - get me out of here! |
| **Year 6** | **Me and My Relationships**<br>• Working together<br>• Let's negotiate (OPTIONAL)<br>• Solve the friendship problem<br>• Dan's day (OPTIONAL)<br>• Behave yourself<br>• Assertiveness skills<br>• Don't force me | **Valuing Difference**<br>• OK to be different<br>• We have more in common than not<br>• Respecting differences<br>• Tolerance and respect for others<br>• Advertising friendships!<br>• Boys will be boys? - challenging gender stereotypes | **Rights and Respect**<br>• Two sides to every story<br>• Fakebook friends<br>• Happy shoppers - caring for the environment<br>• Action stations! (OPTIONAL)<br>• Democracy in Britain 1 - Elections<br>• Democracy in Britain 2 - How (most) laws are made<br>• Community art (OPTIONAL) | **Being My Best**<br>• This will be your life!<br>• Our recommendations<br>• What's the risk? (1)<br>• Basic first aid, including Sepsis Awareness<br>• Five Ways to Wellbeing project | **Keeping Safe**<br>• Think before you click!<br>• It's a puzzle (OPTIONAL)<br>• To share or not to share?<br>• What sort of drug is...?<br>• Drugs: it's the law!<br>• Alcohol: what is normal? | **Growing and Changing**<br>• I look great!<br>• Media manipulation<br>• Pressure online<br>• Helpful or unhelpful? Managing change<br>• Is this normal?<br>• Making babies (Adapted Unit) |

*Note: Lesson titles and optional lessons are taken from the supplied year-group SCARF overviews.*
*RSHE Lessons*