



KS2 RSHE Overview/SCARF Half-Termly Units



		Autumn		Spring		Summer	
Yr 3	Topic	London		Romans		Lion King	
	Unit name	Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Responsibilities	Being my Best	Growing and Changing
	Lesson	My special pet	My community	Safe or unsafe?	Helping each other to stay safe	Poorly Harold	Body Space
	Outcome Children will be able to:	Explain some of the feelings someone might have when they lose something important to them; Understand that these feelings are normal and a way of dealing with the situation.	Define the term 'community'; Identify the different communities that they belong to; Recognise the benefits that come with belonging to a community, in particular the benefit to mental health and wellbeing.	Identify situations which are safe or unsafe; Identify people who can help if a situation is unsafe; Suggest strategies for keeping safe.	Identify key people who are responsible for them to stay safe and healthy; Suggest ways they can help these people.	Explain how some infectious illnesses are spread from one person to another; Explain how simple hygiene routines can help to reduce the risk of the spread of infectious illnesses; Suggest medical and non-medical ways of treating an illness.	Understand what is meant by the term body space (or personal space); Identify when it is appropriate or inappropriate to allow someone into their body space; Rehearse strategies for when someone is inappropriately in their body space.
	Lesson	Looking after our special people & Friends are special	Respect and challenge	Danger or risk?	Recount task	For or Against?	Secret or surprise
	Outcome Children will be able to:	Identify people who they have a special relationship with; Suggest strategies for maintaining a positive relationship with their special people.	Reflect on listening skills; Give examples of respectful language; Give examples of how to challenge another's viewpoint, respectfully.	Define the words danger and risk and explain the difference between the two; Demonstrate strategies for dealing with a risky situation.	Understand the difference between 'fact' and 'opinion'; Understand how an event can be perceived from different viewpoints;	Develop skills in discussion and debating an issue; Demonstrate their understanding of health and wellbeing issues that are relevant to them;	Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret; Recognise how different surprises and

		Identify qualities of friendship; Suggest reasons why friends sometimes fall out; Rehearse and use, now or in the future, skills for making up again.			Plan, draft and publish a recount using the appropriate language.	Empathise with different view points; Make recommendations, based on their research.	secrets might make them feel; Know who they could ask for help if a secret made them feel uncomfortable or unsafe.
	Lesson	Dan's dare	Zeb	Help or harm?	Harold's environment project	I am fantastic & Top Talents	My changing body
	Outcome Children will be able to:	Explain what a dare is; Understand that no-one has the right to force them to do a dare; Suggest strategies to use if they are ever made to feel uncomfortable or unsafe by someone asking them to do a dare.	Understand and explain some of the reasons why different people are bullied; Explore why people have prejudiced views and understand what this is.	Understand that medicines are drugs and suggest ways that they can be helpful or harmful.	Define what is meant by the environment; Evaluate and explain different methods of looking after the school environment; Devise methods of promoting their priority method.	Identify their achievements and areas of development; Recognise that people may say kind things to help us feel good about ourselves; Explain why some groups of people are not represented as much on television/in the media. Explain some of the different talents and skills that people have and how skills are developed; Recognise their own skills and those of other children in the class.	Recognise that babies come from the joining of an egg and sperm; Explain what happens when an egg doesn't meet a sperm; Understand that for girls, periods are a normal part of puberty.
Yr 4	Topic	Raiders and Invaders		Chocolate		Ancient Egypt	

	Unit name	Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Responsibilities	Being my Best	Growing and Changing
	Lesson	An email from Harold	Friend or Acquaintance?	Danger, Risk, Hazard & How Dare You	Who Helps Us Stay Healthy and Safe	What Makes Me-ME!	My Feelings Are All Over the Place & Preparing for changes at puberty
	Outcome Children will be able to:	Describe 'good' and 'not so good' feelings and how feelings can affect our physical state; Explain how different words can express the intensity of feelings.	Recognise that they have different types of relationships with people they know (e.g. close family, wider family, friends, acquaintances); Give examples of features of these different types of relationships, including how they influence what is shared.	Define the terms 'danger', 'risk' and 'hazard' and explain the difference between them; Identify situations which are either dangerous, risky or hazardous; Suggest simple strategies for managing risk. Define what is meant by the word 'dare'; Identify from given scenarios which are dares and which are not; Suggest strategies for managing dares.	Explain how different people in the school and local community help them stay healthy and safe; Define what is meant by 'being responsible'; Describe the various responsibilities of those who help them stay healthy and safe; Suggest ways they can help the people who keep them healthy and safe.	Identify ways in which everyone is unique; Appreciate their own uniqueness; Recognise that there are times when they will make the same choices as their friends and times when they will choose differently.	Name some positive and negative feelings; Understand how the onset of puberty can have emotional as well as physical impact Suggest reasons why young people sometimes fall out with their parents; Take part in a role play practising how to compromise. Know the key facts of the menstrual cycle; Understand that periods are a normal part of puberty for girls; Identify some of the ways to cope better with periods.
	Lesson	Ok or Not 1 & Ok or Not 2	The People We Share Our World With	Picture Wise	In the News	Harold's Seven R's	All Change!

	Outcome Children will be able to:	Explain what we mean by a 'positive, healthy relationship'; Describe some of the qualities that they admire in others. Recognise that there are times when they might need to say 'no' to a friend; Describe appropriate assertive strategies for saying 'no' to a friend.	List some of the ways in which people are different to each other (including ethnicity, gender, religious beliefs, customs and festivals); Define the word respect and demonstrate ways of showing respect to others' differences.	Identify images that are safe/unsafe to share online; Know and explain strategies for safe online sharing; Understand and explain the implications of sharing images online without consent.	Define the word influence; Recognise that reports in the media can influence the way they think about a topic; Form and present their own opinions based on factual information and express or present these in a respectful and courteous manner.	Understand the ways in which they can contribute to the care of the environment (using some or all of the seven Rs); Suggest ways the Seven Rs recycling methods can be applied to different scenarios.	Identify parts of the body that males and females have in common and those that are different; Know the correct terminology for their genitalia; Understand and explain why puberty happens.
	Lesson	Under Pressure	That Is Such A Stereotype	Know the Norms	Logo Quiz	Basic First Aid	Secret or Surprise?
	Outcome Children will be able to:	Give examples of strategies to respond to being bullied, including what people can do and say; Understand and give examples of who or where pressure to behave in an unhealthy, unacceptable or risky way might come from.	Understand and identify stereotypes, including those promoted in the media.	Understand some of the key risks and effects of smoking and drinking alcohol; Understand that increasing numbers of young people are choosing not to smoke and that not all people drink alcohol (Social Norms theory).	Understand some of the ways that various national and international environmental organisations work to help take care of the environment; Understand and explain the value of this work.	How to make a clear and efficient call to emergency services if necessary. Concepts of basic first-aid, for example dealing with common injuries, including head injuries.	Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret; Recognise how different surprises and secrets might make them feel; Know who they could ask for help if a secret made them feel uncomfortable or unsafe.
	Lesson						Together

	Outcome Children will be able to:						Understand that marriage is a commitment to be entered into freely and not against someone's will; Recognise that marriage includes same sex and opposite sex partners; Know the legal age for marriage in England or Scotland; Discuss the reasons why a person would want to be married, or live together, or have a civil ceremony.
	Yr 5	Topic	Rainforest		Ancient Greece		Age of Change
	Unit name	Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Responsibilities	Being my Best	Growing and Changing
	Lesson	Give and take/ Being assertive	Kind conversations	Jay's dilemma	Fact or opinion?	Different skills	Changing bodies and feelings
	Outcome Children will be able to:	Explain what is meant by the terms negotiation and compromise; Describe strategies for resolving difficult issues or situations. Identify characteristics of passive, aggressive	Rehearse active listening skills: Demonstrate respectfulness in responding to others; Respond appropriately to others.	Recognise that there are positive and negative risks; Explain how to weigh up risk factors when making a decision; Describe some of the possible outcomes of taking a risk.	Understand the difference between a fact and an opinion; Understand what biased reporting is and the need to think critically about things we read.	Identify their own strengths and talents; Identify areas that need improvement and describe strategies for achieving those improvements.	Know the correct words for the external sexual organs; Discuss some of the myths associated with puberty.

		and assertive behaviours; Understand and rehearse assertiveness skills.					
	Lesson	Relationship cake recipe	Happy being me & The land of the Red People	Ella's diary dilemma & Decision dilemmas	Mo makes a difference	Independence and responsibility	Growing up and changing bodies & Help! I'm a teenager get me out of here!
	Outcome Children will be able to:	Identify what things make a relationship unhealthy; Identify who they could talk to if they needed help.	Develop an understanding of discrimination and its injustice, and describe this using examples; Empathise with people who have been, and currently are, subjected to injustice, including through racism; Consider how discriminatory behaviour can be challenged. Identify and describe the different groups that make up their school/wider community/other parts of the UK;	Define what is meant by a dare; Explain why someone might give a dare; Suggest ways of standing up to someone who gives a dare. Recognise which situations are risky; Explore and share their views about decision making when faced with a risky situation; Suggest what someone should do when faced with a risky situation.	Explain what we mean by the terms voluntary, community and pressure (action) group; Give examples of voluntary groups, the kind of work they do and its value.	Identify people who are responsible for helping them stay healthy and safe; Identify ways that they can help these people.	Identify some products that they may need during puberty and why; Know what menstruation is and why it happens. Recognise how our body feels when we're relaxed; List some of the ways our body feels when it is nervous or sad; Describe and/or demonstrate how to be resilient in order to find someone who will listen to you.

			Describe the benefits of living in a diverse society; Explain the importance of mutual respect for different faiths and beliefs and how we demonstrate this.				
	Lesson	Our emotional needs	Is it true?	Would you risk it?	Spending wisely & Lend us a fiver!	Star qualities	Stop, start, stereotypes
	Outcome Children will be able to:	Recognise basic emotional needs, understand that they change according to circumstance; Identify risk factors in a given situation (involving smoking or other scenarios) and consider outcomes of risk taking in this situation, including emotional risks.	Understand that the information we see online, either text or images, is not always true or accurate; Recognise that some people post things online about themselves that aren't true, sometimes this is so that people will like them; Understand and explain the difference between sex, gender identity, gender expression and sexual orientation.	Identify risk factors in a given situation (involving smoking) and consider outcomes of risk taking in this situation, including emotional risks; Understand the actual norms around smoking/alcohol and the reasons for common misperceptions of these.	State the costs involved in producing and selling an item; Suggest questions a consumer should ask before buying a product. Define the terms loan, credit, debt and interest; Suggest advice for a range of situations involving personal finance.	Describe 'star' qualities of celebrities as portrayed by the media; Recognise that the way people are portrayed in the media isn't always an accurate reflection of them in real life; Describe 'star' qualities that 'ordinary' people have.	Recognise that some people can get bullied because of the way they express their gender; Give examples of how bullying behaviours can be stopped.
Yr 6	Topic	Crime and Punishment		Our Changing World		Moving On	

	Unit name	Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Responsibilities	Being my Best	Growing and Changing
	Lesson	Assertiveness Skills	We have more common than not	Rat Park	What is it worth?	This will be your life!	I look great
	Outcome Children will be able to:	List some assertive behaviours; Recognise peer influence and pressure; Demonstrate using some assertive behaviours, through role-play,	Know that all people are unique but that we have far more in common with each other than what is different about us; Consider how a bystander can respond to someone being rude, offensive or bullying someone else; Demonstrate ways of offering support to someone who has been bullied.	Define what is meant by addiction, demonstrating an understanding that addiction is a form of behaviour; Understand that all humans have basic emotional needs and explain some of the ways these needs can be met.	Explain some benefits of saving money; Describe the different ways money can be saved, outlining the pros and cons of each method; Describe the costs that go into producing an item; Suggest sale prices for a variety of items, taking into account a range of factors; Explain what is meant by the term inter	Identify aspirational goals; Describe the actions needed to set and achieve these.	Understand that fame can be short-lived; Recognise that photos can be changed to match society's view of perfect; Identify qualities that people have, as well as their looks.
	Lesson	Don't force Me	Respecting differences	What sort of drug is...? & Drugs: It's the law!	Jobs and taxes	What's the risk 1? & What the risk 2?	Is this normal?
Outcome Children will be able to:	Describe ways in which people show their commitment to each other; Know the ages at which a person can marry, depending on whether their parents agree; Understand that everyone has the right to be free to	Demonstrate ways of showing respect to others, using verbal and non-verbal communication.	Explain how drugs can be categorised into different groups depending on their medical and legal context; Demonstrate an understanding that drugs can have both medical and non-medical uses;	Recognise and explain that different jobs have different levels of pay and the factors that influence this; Explain the different types of tax (income tax and VAT) which help to fund public services;	Identify risk factors in a given situation; Understand and explain the outcomes of risk-taking in a given situation, including emotional risks. Recognise what risk is; Explain how a risk can be reduced;	Define the word 'puberty' giving examples of some of the physical and emotional changes associated with it; Suggest strategies that would help someone who felt challenged by the changes in puberty;	

		choose who and whether to marry. To resist peer influence and pressure.		Explain in simple terms some of the laws that control drugs in this country. Understand some of the basic laws in relation to drugs; Explain why there are laws relating to drugs in this country.	Evaluate the different public services and compare their value.	Understand risks related to growing up and explain the need to be aware of these; Assess a risk to help keep themselves safe.	Understand what FGM is and that it is an illegal practice in this country; Know where someone could get support if they were concerned about their own or another person's safety.
	Lesson	Acting Appropriately	Boys will be boys	Alcohol: What is normal?	Project Pitch	Basic first aid	Dear Ash
	Outcome Children will be able to:	Recognise that some types of physical contact can produce strong negative feelings; Know that some inappropriate touch is also illegal.	Define what is meant by the term stereotype; Recognise how the media can sometimes reinforce gender stereotypes; Recognise that people fall into a wide range of what is seen as normal; Challenge stereotypical gender portrayals of people.	Understand the actual norms around drinking alcohol and the reasons for common misperceptions of these; Describe some of the effects and risks of drinking alcohol.	Learn about the relationship between rights and responsibilities.	How to make a clear and efficient call to emergency services if necessary. Concepts of basic first-aid, for example dealing with common injuries, including head injuries.	Explain the difference between a safe and an unsafe secret; Identify situations where someone might need to break a confidence in order to keep someone safe.
	Lesson						Making babies (with consent)
	Outcome Children will be able to:						Identify the changes that happen through puberty to allow sexual reproduction to occur; Know a variety of ways in which the sperm can fertilise

							the egg to create a baby; Know the legal age of consent and what it means.
PSHE other	PSHE days/ Weeks	Anti-bullying Week		Autism Acceptance Week			
	Visitors	9 and 10 th September 2021 -SCARF Launch					
	Class Workshops						
	Children's assemblies						