

## PSHCE Long Term Plan 2018-2019

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Nursery</b>	Healthy Lifestyles SCARF resources lessons 1 & 2		Healthy Lifestyles SCARF resources lessons 3, 4 & 5		Feelings and Emotions SCARF resources lesson 6	
<b>Reception</b>	Healthy Lifestyles SCARF resources		Healthy Lifestyles SCARF resources  You, Me, PSHE Drug Wise programme of study		Feelings and Emotions SCARF resources	
<b>Year 1</b>	Fun Times  Physical health & wellbeing You, Me, PSHE  Healthy lifestyles SCARF	Feeling Safe  Keeping safe and managing risk You, Me, PSHE  Keeping safe SCARF	Me and others  Identity, society and equality You, Me, PSHE  Valuing difference SCARF	What do we put into and onto our bodies  Drugs, alcohol and tobacco You, Me, PSHE	Feelings  Mental health and emotional wellbeing You, Me, PSHE  Feelings and emotions SCARF	My money  Careers, financial capability and economic wellbeing You, Me, PSHE  Money SCARF
<b>Year 2</b>	What keeps me healthy?  Physical health and wellbeing You, Me, PSHE  Healthy lifestyles SCARF	Friendship  Mental health and emotional wellbeing You, Me, PSHE  Healthy relationships Valuing difference SCARF	Boys, girls and families  SRE You, Me, PSHE  Growing and changing Healthy relationships SCARF	Risk - indoors and outdoors  Keeping safe and managing risk You, Me, PSHE  Keeping safe SCARF	Medicines and me  Drugs alcohol and tobacco  You, Me, PSHE  Healthy lifestyles SCARF	

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<b>Year 3</b>	<p>Celebrating difference</p> <p>Identity society and equality You, Me, PSHE</p> <p style="color: red;">Living in the wider world Caring for the environment SCARF</p>	<p>Anti-bullying</p> <p>Keeping safe and managing risk - You, Me, PSHE</p> <p>Anti-bullying resources linked to anti bullying week (online)</p>	<p>Strengths and challenges</p> <p>Mental health and emotional wellbeing You, Me, PSHE</p> <p style="color: red;">Relationships feelings and emotions SCARF</p>	<p>Tobacco is a drug</p> <p>Drugs, alcohol and tobacco You, Me, PSHE</p> <p style="color: red;">Health &amp; wellbeing - Keeping safe SCARF</p>	<p>Saving, spending and budgeting</p> <p>Careers, financial capability and economic wellbeing You, Me, PSHE</p> <p style="color: red;">Living in the wider world - Money SCARF</p>	<p>What helps me choose?</p> <p>Physical health and wellbeing You, Me, PSHE</p> <p style="color: red;">Healthy lifestyles SCARF</p>
<b>Year 4</b>	<p>Democracy</p> <p>Identity, society and wellbeing - You, Me, PSHE</p> <p style="color: red;">Living in the wider world – Rules rights and responsibilities SCARF</p>	<p>Making choices</p> <p>Drugs, alcohol and tobacco You, Me, PSHE</p> <p style="color: red;">Keeping safe SCARF</p>	<p>What is important to me?</p> <p>Physical health &amp; wellbeing You, Me, PSHE</p> <p style="color: red;">Health &amp; wellbeing - healthy lifestyles SCARF</p>	<p>Playing safe</p> <p>Keeping safe and managing risk You, Me, PSHE</p> <p style="color: red;">Living in the wider world – Rules, rights and responsibilities SCARF</p>	<p>Growing up and changing</p> <p>SRE You, Me, PSHE</p> <p style="color: red;">Health &amp; wellbeing Growing and changing Healthy relationships SCARF</p>	<p>Relationships</p> <p style="color: red;">Mental health Healthy relationships and different feelings SCARF</p>

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<b>Year 5</b>	<p>In the media</p> <p>Physical health and wellbeing You, Me, PSHE</p> <p><b>Health &amp; Wellbeing – healthy lifestyles</b> SCARF</p>	<p>Stereotypes, discrimination &amp; prejudice</p> <p>Identity, Society and equality You, Me, PSHE</p> <p><b>Keeping safe, Healthy relationships</b> SCARF</p>	<p>When things go wrong</p> <p>Keeping safe and managing risk You, Me, PSHE</p> <p><b>Health &amp; Wellbeing Keeping Safe</b> SCARF</p>	<p>Dealing with feelings</p> <p>Mental health &amp; emotional wellbeing You, Me, PSHE</p> <p><b>Relationships – feelings and emotions</b> SCARF</p>	<p>Different influences</p> <p>Drugs, alcohol and tobacco You, Me, PSHE</p> <p><b>Health &amp; wellbeing – keeping safe</b> SCARF</p>	<p>Earning and borrowing money</p> <p>Careers, financial capability and economic wellbeing You, Me, PSHE</p> <p><b>Living in the wider world money</b> SCARF</p>
<b>Year 6</b>	<p>Healthy relationships</p> <p>SRE You, Me, PSHE</p> <p><b>Relationships</b> SCARF resources</p>	<p>Keeping safe out and about</p> <p>Keeping safe &amp; managing risk You, Me, PSHE</p> <p><b>Living in the wider world</b> SCARF resources</p>	<p>Weighing up risk</p> <p>Drug, alcohol &amp; tobacco education You, Me, PSHE</p> <p><b>Health &amp; Wellbeing – Keeping Safe</b> SCARF</p>	<p>Human rights</p> <p>Identity, society and equality You, Me, PSHE</p> <p><b>Living in the wider world – Rules, rights and responsibilities</b> SCARF</p>	<p>Healthy minds</p> <p>Mental Health and emotional wellbeing You, Me, PSHE</p> <p><b>Health &amp; Wellbeing – Healthy lifestyles</b> SCARF</p>	<p>Puberty / How a baby is made</p> <p>SRE You, Me, PSHE</p> <p><b>Health &amp; Wellbeing</b> SCARF School nurse visits</p>