

Year 1 Long Term Plan PHSE - Linked to SCARF

Green = Whole School

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
<u>Autumn A</u> <u>Me and My Relationships</u>	<p>Explain some of their school rules and how those rules help to keep everybody safe.</p> <p>Our Golden Rules</p>	<p>Understand the importance of listening</p> <p>SCARF: How are you listening?</p>	<p>Understand how myself and others are feeling.</p> <p>SCARF: Thinking and Feeling</p>	<p>Identify a range of feelings and understand how it can make us behave.</p> <p>SCARF: Our Feelings</p>	<p>Recognise that people's bodies and feelings can be hurt.</p> <p>SCARF: Feelings and bodies</p> <p>Sci link: Lucinda and Godfrey Body Parts.</p>	<p>Lucinda & Godfrey Being a good friend</p>	<p>Show Racism the Red Card:</p> <p>What is Racism?</p>
<u>Autumn B</u> <u>Valuing Differences</u>	<p>Identify the differences and similarities between people</p> <p>SCARF: Same or different?</p>	<p>Recognise and explain what is fair and unfair, kind and unkind;</p> <p>SCARF: It's not fair!</p>	<p>Anti-Bullying Week: SCARF: Unkind, Tease or bullying?</p>	<p>Identify some of the people who are special to them;</p> <p>SCARF: Who are our special people?</p>	<p>What is a Family?</p> <p>SCARF: Our special people balloons</p>		<p>What does Christmas mean to me and my family?</p>
<u>Spring A</u> <u>Keeping Safe</u>	<p>Understand that medicines can sometimes make people feel better when they're ill.</p> <p>SCARF: What could Harold do?</p>	<p>Recognise the importance of sleep in maintaining a healthy, balanced lifestyle.</p> <p>SCARF: Super Sleep!</p>	<p>Recognise emotions and physical feelings associated with feeling unsafe</p> <p>SCARF: Who can help?</p>	<p>Explain the difference between appropriate and inappropriate touch. Name our private parts</p> <p>SCARF: Good or bad touches</p>	<p>Children's Mental Health Week</p> <p>E-Safety Day That people sometimes behave differently online, including by pretending to be someone they are not.</p> <p>SCARF: Sharing Pictures</p>	<p>Recognise the range of feelings that are associated with loss.</p> <p>SCARF: Harold Loses Geoffrey</p>	

<u>Spring B</u> <u>Rights and Respect</u>	Recognise how a person's behaviour (including their own) can affect other people. SCARF: Harold has a bad day!	Identify what they like about the school environment SCARF: Around and about the school	Give and receive positive feedback, and experience how this makes them feel. SCARF: Pass on the Praise (Growing and changing)	Explain the difference between teasing and bullying. Give examples of what they can do if they experience or witness bullying SCARF: Who Can Help?			
<u>Summer A</u> <u>Being my Best!</u>	Understand what is involved in a healthy diet. SCARF: Eat well	Recognise the importance of regular hygiene routines; SCARF: Catch it, Bin it, Kill it	Recognise that exercise and sleep are important parts of a healthy lifestyle. SCARF: Healthy Me	Growth mindset: Yes I Can! SCARF: Harold learns to ride his bike	How to make a clear and efficient call to emergency services if necessary. SCARF: Basic First Aid		
<u>Summer B</u> <u>Growing and Changing</u>	Explain how to meet the basic needs of a baby. SCARF: Taking Care of a Baby	Identify people they can talk to about their private parts SCARF: Keeping Privates, Private	Explain the difference between a secret and a nice surprise SCARF: Surprises and Secrets	Enterprise Week SCARF: Harold's Money SCARF: How should we look after our money?		Transition Activities	