



St Bernadette's PSHE/RSHE Curriculum Overview

5 Ways of Well Being / SCARF / Journey In Love / No Outsiders

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	5 Ways of Well being Connect SCARF- Me ad My Relationships <i>Marvellous me!</i> <i>I'm special</i> <i>People who are special to me</i>	5 Ways of Well being Be Active SCARF- Valuing Difference <i>Me and my friends</i> <i>Friends and family</i> <i>Including everyone</i> Social and Emotional – JIL	5 Ways of Well being Take Notice SCARF- Keeping Myself Safe <i>People who help me and keep me safe</i> <i>Safety Indoors and Outdoors</i> <i>What's safe to go into my body</i> Spiritual – JIL	5 Ways of Well being Keep Learning SCARF- Rights and Responsibilities <i>Looking after myself</i> <i>Looking after others</i> <i>Looking after my environment</i>	5 Ways of Well being Give SCARF-Be My Best <i>What does my body need?</i> <i>I can keep trying</i> <i>I can do it!</i>	SCARF- Growing and Changing <i>Growing and changing in nature</i> <i>When I was a baby</i> <i>Girls, boys and families</i> Physical - JIL
Reception	5 Ways of Well being Connect SCARF- Me and My Relationships <i>All about me</i> <i>What makes me special</i> <i>Who can help me?</i> <i>Feelings</i> To Choose What I Like <i>'You Choose' by Nick Sharratt and Pippa Goodheart</i>	5 Ways of Well being Be Active SCARF- Valuing Difference <i>Same and different</i> <i>Same and different families</i> <i>Same and different homes</i> Social and Emotional – JIL It's OK to like different things <i>'Red Rockets and Rainbow Jelly' by Sue Heap and Nick Sharratt</i>	5 Ways of Well being Take Notice SCARF- Keeping Safe <i>What's safe to go on my body</i> <i>What's safe to go into my body (including medicines)</i> <i>Safe indoors and outdoors</i> <i>Listening to my feelings</i> Spiritual – JIL To say hello <i>'Hello Hello' by Brendan Wenze</i>	5 Ways of Well being Keep Learning SCARF- Rights and Respect <i>Looking after money (1)- recognising, spending and using</i> <i>Looking after money (2)- saving money and keeping it safe</i> <i>Looking after my special people (link with being helpful at home)</i> All families are different. <i>'The Family Book' by Todd Parr</i>	5 Ways of Well being Give SCARF- Being my Best <i>Bouncing back</i> <i>Yes, I can</i> <i>Healthy eating</i> To Celebrate my Family <i>'Mommy, Mama and me' by Leaslea Newman, Carol Thompson</i>	SCARF- Growing and Changing <i>Getting bigger</i> <i>Me and my body</i> Physical – JIL To make a new friend <i>'Blue Chameleon' by Emily Gravett</i>

Year 1	5 Ways of Well being Connect SCARF: Me and My Relationships <i>Thinking about feelings Our feelings How are you listening?</i> Social and Emotional – JIL I like the way I am 'Elmer' by David Mckee	5 Ways of Well being Be Active SCARF- Valuing Difference <i>Unkindness, teasing or bullying? Harold's school rules It's not fair!</i> To join in 'Going to the Volcano' by Andy Stanton	5 Ways of Well being Take Notice SCARF: Keeping Safe <i>Super sleep Good or bad touches What could Harold do?</i> To find ways to play together 'Want to play trucks' by Ann Stott and Bob Graham	5 Ways of Well being Keep Learning SCARF: Rights and Respect <i>Taking care of something Harold's money Basic first aid</i> Spiritual – JIL Proud to be me 'Hair it's a Family Affair' Mylo Freeman	5 Ways of Well being Give SCARF: Being my Best <i>I can eat a rainbow Catch it! Bin It! Kill it! Harold's wash and brush up</i> I share the world with lots of people 'My World Your World' by Melanie Wlash	SCARF: Growing and Changing <i>Healthy me Then and now Suprises and secrets</i> Physical – JIL To work together 'Errol's Garden' by Gillian Hibbs
Year 2	5 Ways of Well being Connect SCARF: Me and My Relationships <i>How are you feeling today? Being a good friend Types of bullying</i> To welcome different people 'Can I Join Your Club' by John Kelly and Steph Laberis	5 Ways of Well being Be Active SCARF: Valuing Difference <i>What makes us who we are? How do we make others feel? Solve the problem</i> Social and Emotional – JIL To have self-confidence 'How To Be a Lion' by Ed Vere	5 Ways of Well being Take Notice SCARF: Keeping Safe <i>Harold's picnic How safe would you feel? I don't like that!</i> To understand what diversity is 'The Great Big Book of Families' by Mary Hoffman and Ros Asquith	5 Ways of Well being Keep Learning SCARF: Rights and Respect <i>When I feel like erupting Feeling safe Harold goes camping</i> Spiritual – JIL To think about what makes a good friend 'Amazing' by Steve Antony	5 Ways of Well being Give SCARF: Being my Best <i>My day Harold's postcard- helping us to keep clean and healthy Harold's bathroom</i> To communicate in different ways 'What the Jackdaw Saw' by Julie Donaldson and Nick Sharratt	SCARF: Growing and Changing <i>Sam moves away Respecting privacy Some secrets should never be kept</i> Physical – JIL To know I belong 'All Are Welcome' by Alexandra
Year 3	5 Ways of Well being Connect SCARF: Me and My Relationships <i>Looking after our special people How can we solve this problem? Friends are special</i> To understand what discrimination means 'This is Our House' by	5 Ways of Well being Be Active SCARF: Valuing Difference <i>Respect and challenge My community Let's celebrate our difference</i> Social and Emotional – JIL To understand what a bystander is	5 Ways of Well being Take Notice SCARF: Keeping Safe <i>Safe or unsafe? Risk robot Help or harm?</i> To be welcoming 'Beegu' by Alexis Deacon	5 Ways of Well being Keep Learning SCARF: Rights and Respect <i>Helping each other to stay safe Can Harold afford it? Harold's environment project</i> Spiritual – JIL	5 Ways of Well being Give SCARF: Being my Best <i>For or against? I am fantastic Top talents</i> To recognise and help an outsider 'The Hueys in the New Jumper' by Oliver Jeffers	SCARF: Growing and Changing <i>Relationship tree Body space Secret or surprise</i> Physical – JIL To consider living in Britain today

	Michael Rosen	'We're All Wonders' by R.J. Palacio		To recognise a stereotype 'The Truth About Old People' by Elina Ellis		'All are Welcome' by Alexandra Penfold
Year 4	5 Ways of Well being Connect SCARF: Me and My Relationships <i>Okay or not okay? Different feelings Under pressure</i> Social and Emotional – JIL To help someone accept difference Along Came a Different' by Tom McLaughlin	5 Ways of Well being Be Active SCARF: Valuing Difference <i>Can you sort it? The people we share our world with That is such a stereotype!</i> To choose when to be Assertive 'Dogs Don't Do Ballet' by Anna Kemp and Sarah Oglivie	5 Ways of Well being Take Notice SCARF: Keeping Safe <i>Danger, risk or hazard? Picture wise Medicines: check the label</i> To be proud of who I am 'Red: A Crayon's Story' by Michael Hall	5 Ways of Well being Keep Learning SCARF: Rights and Respect <i>It's your right In the news Harold's expenses</i> Spiritual – JIL To find common ground 'Aalfred and Aalbert' by Morag Hood	5 Ways of Well being Give SCARF: Being my Best <i>Making choices Harold's 7 Rs Volunteering</i> To look after my mental health 'When Sadness Comes To Call' by Eva Eland	SCARF: Growing and Changing <i>Moving house Secret or surprise? My feelings are all over the place</i> Physical – JIL To Show Acceptance 'Julian is a Mermaid' by Jessica Love
Year 5	5 Ways of Well being Connect SCARF: Me and My Relationships <i>Give and take Relationship cake recipe Our emotional needs Being assertive</i> Social and Emotional – JIL To consider consequences 'Kenny Lives With Erica and Martina' by Olly Pike	5 Ways of Well being Be Active SCARF: Valuing Difference <i>Kind conversations Happy being me Stop, start, stereotypes</i> To justify my actions 'Rose Blanche' by Ian McEwan and Rob	5 Ways of Well being Take Notice SCARF: Keeping Safe <i>Stop bullying Play, like, share 1 Decision dilemmas</i> Spiritual– JIL To consider responses in racist behaviour 'Mixed' by Aree Chung	5 Ways of Well being Keep Learning SCARF: Rights and Respect <i>What's the story? Fact or opinion? Lend us a fiver!</i> To recognise when someone needs help 'How to Heal a Broken Wing' by Bob Graham	5 Ways of Well being Give SCARF: Being my Best <i>Independence and responsibility Star qualities</i> To explore friendship 'The Girls' by Lauren Lee and Jenny Lovlie	SCARF: Growing and Changing <i>How are they feeling? Taking notice of our feelings Dear Ash</i> Physical – JIL (Teacher to deliver) To exchange dialogue and express an opinion 'And Tango Makes Three' by Justin Richardson and Peter Parnell
Year 6	5 Ways of Well being Connect SCARF: Me and My Relationships <i>Solve the friendship problem Behave yourself Assertiveness skills</i>	5 Ways of Well being Be Active SCARF: Valuing Difference <i>We have more in common than not Tolerance and respect for others</i>	5 Ways of Well being Take Notice SCARF: Keeping Safe Drugs & alcohol (covered in Science) Rights & Respect	5 Ways of Well being Keep Learning SCARF: Rights and Respect <i>Two sides to every story What's it worth? Jobs and taxes</i>	5 Ways of Well being Give SCARF: Being my Best This will be your life Our recommendations What's the risk? 1 To show acceptance	SCARF: Growing and Changing <i>I look great! Pressure online Helpful or unhelpful?– Managing change</i>

	Social and Emotional –JIL To consider responses to immigration ‘King of the Sky’ by Nicola Davis	<i>Boys will boys? – challenging gender stereotypes</i> To consider language and freedom of speech ‘The Only Way is Badger’ by Stella J. Jones and Carmen Saldana	Democracy in Britain 1 - Elections Democracy in Britain 2 – How (most) laws are made To overcome fears about difference ‘Leaf’ by Sandra Dieckmann	To consider causes of racism ‘The Islander’ by Armin Greder	‘Introducing Teddy’ – Jessica Walton and Dougal MacPherson	Physical – JIL (Teacher to deliver) Spiritual – JIL To consider democracy ‘A Day in the Life of Marion Bundo’ by Marion Bundo and Jill Twiss
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Content covered in rest of curriculum

First Aid - Mini Medics Course Year 2 – 6 Spring Term

Cyber-Bullying – covered in Computing curriculum

Life-cycles – covered in Science

Drugs & alcohol – covered in Science