

**PSHE/RSE overview 2024-2025: Long Term Plan**

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|   | Autumn 1  | Autumn 2  | Spring 1  | Spring 2  | Summer 1  | Summer 2   | Notes   |
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| EYFS  | **Me and My Relationships**All about meWhat makes me specialWho can help me?My feelingsMy feelings (2) | **Valuing Difference**I’m special, you’re specialSame and differentSame and different familiesSame and different homesI am caringI am a friend | **Keeping Safe**What’s safe to go onto my bodyKeeping myself safeSafe indoors and outdoorsListening to my feelingsKeeping safe onlinePeople who help keep me safe | **Rights and Respect**Looking after my special peopleLooking after my friendsBeing helpful at home and caring for our classroomCaring for our worldLooking after money 1and 2 | **Being my Best**Bouncing back when things go wrongYes, I canHealthy eatingMy healthy mindMove your bodyA good night’s sleep | **Growing and Changing**SeasonsLife stages – plants, animals, humansLife stages - human life stage Where do babies come from?Getting biggerMe and my body |  |
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| Year 1  | **Me and My Relationships**[Why we have classroom rules](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/why-we-have-classroom-rules)[How are you listening?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/how-are-you-listening-1)[Thinking about feelings](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/thinking-about-feelings)[Our feelings](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/our-feelings)[Feelings and bodies](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/feelings-and-bodies)[Good friends](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/good-friends-) | **Valuing Difference**[Same or different?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/same-or-different-1)[Unkind, tease or bully?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/unkind-tease-or-bully)[Harold's school rules](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/harolds-school-rules-1)[It's not fair!](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/its-not-fair)[Who are our special people?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/who-are-our-special-people)[Our special people balloons](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/our-special-people-balloons-1) | **Keeping Safe**[Super sleep](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/super-sleep-1)[Who can help? (1)](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/who-can-help-1-1)[Good or bad touches?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/good-or-bad-touches)[Sharing pictures](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/sharing-pictures)[What could Harold do?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/what-could-harold-do--1)[Harold loses Geoffrey](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/harold-loses-geoffrey) | **Rights and Respect**[Harold has a bad day](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/harold-has-a-bad-day)[Around and about the school](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/around-and-about-the-school)[Taking care of something](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/taking-care-of-something)[Harold's money](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/harolds-money-1)[How should we look after our money?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/how-should-we-look-after-our-money)[Basic first aid](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/basic-first-aid) | **Being my Best**[I can eat a rainbow](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/i-can-eat-a-rainbow)[Eat well](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/eat-well-)[Harold's wash and brush up](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/harolds-wash-and-brush-up)[Catch it! Bin it! Kill it!](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/catch-it-bin-it-kill-it)[Harold learns to ride his bike](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/harold-learns-to-ride-his-bike)[Pass on the praise!](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/pass-on-the-praise-1) | **Growing and Changing**[Healthy me](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/healthy-me)[Then and now](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/then-and-now)[Taking care of a baby](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/taking-care-of-a-baby)[Who can help? (2)](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/who-can-help-2)[Surprises and secrets](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/surprises-and-secrets)[Keeping privates private](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/keeping-privates-private) |  |
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| Year 2  | **Me and My Relationships**Our ideal classroom[How are you feeling today?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/how-are-you-feeling-today)[Let's all be happy!](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/lets-all-be-happy-1)[Being a good friend](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/being-a-good-friend-1)[Types of bullying](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/types-of-bullying-)[Don't do that!](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/dont-do-that) | **Valuing Difference**[What makes us who we are?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/what-makes-us-who-we-are)[My special people](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/my-special-people)[How do we make others feel?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/how-do-we-make-others-feel)[When someone is feeling left out](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/when-someone-is-feeling-left-out)[An act of kindness](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/an-act-of-kindness)[Solve the problem](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/solve-the-problem) | **Keeping Safe**[Harold's picnic](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/harolds-picnic-)[How safe would you feel?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/how-safe-would-you-feel)[What should Harold say?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/what-should-harold-say)[I don't like that!](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/i-dont-like-that-1)[Fun or not?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/fun-or-not)[Should I tell?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/should-i-tell) | **Rights and Respect**[Getting on with others](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/getting-on-with-others)[When I feel like erupting](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/when-i-feel-like-erupting)[Feeling safe](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/feeling-safe-)[Playing games](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/playing-games)[Harold saves for something special](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/harold-saves-for-something-special)How can we look after our environment | **Being my Best**[You can do it!](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/you-can-do-it)[My day](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/my-day)[Harold's postcard - helping us to keep clean and healthy](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/harolds-postcard--helping-us-to-keep-clean-and-healthy)[Harold's bathroom](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/harolds-bathroom-1)[What does my body do?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/what-does-my-body-do-1)Basic first aid | **Growing and Changing**[A helping hand](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/a-helping-hand)[Sam moves away](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/sam-moves-away)[Haven't you grown!](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/havent-you-grown)[My body, your body](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/my-body-your-body)[Respecting privacy](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/respecting-privacy-)[Some secrets should never be kept](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/some-secrets-should-never-be-kept) |  |
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| Year 3  | **Me and My Relationships**[As a rule](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/as-a-rule)[Looking after our special people](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/looking-after-our-special-people)[How can we solve this problem?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/how-can-we-solve-this-problem)[Friends are special](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/friends-are-special-1)[Thunks](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/thunks)[Dan's dare](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/dans-dare) | **Valuing Difference**[Respect and challenge](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/respect-and-challenge)[Family and friends](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/family-and-friends)[My community](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/my-community)[Our friends and neighbours](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/our-friends-and-neighbours)[Let's celebrate our differences](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/lets-celebrate-our-differences)[Zeb](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/zeb) | **Keeping Safe**[Safe or unsafe?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/safe-or-unsafe-1)[Danger or risk?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/danger-or-risk-1)[The Risk robot](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/the-risk-robot)[Super Searcher](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/super-searcher)[Help or harm?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/help-or-harm-1)[Alcohol and cigarettes: the facts](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/alcohol-and-cigarettes-the-facts-1) | **Rights and Respect**[Helping each other to stay safe](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/helping-each-other-to-stay-safe)[Recount task](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/recount-task)[Our helpful volunteers](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/our-helpful-volunteers)[Can Harold afford it?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/can-harold-afford-it)[Earning money](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/earning-money)[Harold's environment project](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/harolds-environment-project) | **Being my Best**[Derek cooks dinner! (healthy eating)](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/derek-cooks-dinner-healthy-eating)[Poorly Harold](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/poorly-harold)[Body team work](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/body-team-work-1)[For or against?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/for-or-against)[I am fantastic!](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/i-am-fantastic)[Top talents](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/top-talents-1) | **Growing and Changing**[Relationship tree](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/relationship-tree)[Body space](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/body-space)[None of your business!](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/none-of-your-business)[Secret or surprise?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/secret-or-surprise-2)[My changing body](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/my-changing-body)[Basic first aid](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/basic-first-aid-2) |  |
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| Year 4  | **Me and My Relationships**[Human machines](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/human-machines)[Ok or not ok? (part 1)](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/ok-or-not-ok-part-1)[Ok or not ok? (part 2)](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/ok-or-not-ok-part-2-1)[An email from Harold!](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/an-email-from-harold)[Different feelings](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/different-feelings)Under pressure | **Valuing Difference**[Can you sort it?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/can-you-sort-it-)[What would I do?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/what-would-i-do-)[The people we share our world with](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/the-people-we-share-our-world-with)[That is such a stereotype!](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/that-is-such-a-stereotype)[Friend or acquaintance?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/friend-or-acquaintance)[Islands](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/islands) | **Keeping Safe**[Danger, risk or hazard?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/danger-risk-or-hazard)[How dare you!](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/how-dare-you)[Keeping ourselves safe](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/keeping-ourselves-safe)[Raisin challenge (2)](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/raisin-challenge-2)[Picture wise](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/picture-wise)[Medicines: check the label](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/medicines-check-the-label-1) | **Rights and Respect**[Who helps us stay healthy and safe?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/who-helps-us-stay-healthy-and-safe)[It's your right](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/its-your-right)[How do we make a difference?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/how-do-we-make-a-difference-1)[In the news!](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/in-the-news)[Safety in numbers](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/safety-in-numbers)Why pay taxes? | **Being my Best**[What makes me ME!](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/what-makes-me-me-)[Making choices](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/making-choices)[SCARF hotel](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/scarf-hotel)[Harold's Seven Rs](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/harolds-seven-rs)[My school community (1)](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/my-school-community-1)[Basic first aid](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/basic-first-aid-3) | **Growing and Changing**[Moving house](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/moving-house-1)[My feelings are all over the place!](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/my-feelings-are-all-over-the-place)[All change!](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/all-change)[Preparing for changes at puberty](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/period-positive) [Secret or surprise?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/secret-or-surprise-1)[Together](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/together) |  |
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| Year 5  | **Me and My Relationships**Collaboration challengeGive and take[How good a friend are you?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/how-good-a-friend-are-you)[Relationship cake recipe](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/relationship-cake-recipe)[Our emotional needs](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/our-emotional-needs-)[Being assertive](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/being-assertive-1) | **Valuing Difference**[Qualities of friendship](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/qualities-of-friendship)[Kind conversations](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/kind-conversations-1)[Happy being me](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/happy-being-me-1)[The land of the Red People](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/the-land-of-the-red-people)[Is it true?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/is-it-true)[Stop, start, stereotypes](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/stop-start-stereotypes) | **Keeping Safe**[Spot bullying](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/spot-bullying)[Play, like, share](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/play-like-share-1)[Decision dilemmas](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/decision-dilemmas)[Ella's diary dilemma](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/ellas-diary-dilemma)[Vaping: healthy or unhealthy?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/vaping-healthy-or-unhealthy)[Would you risk it?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/would-you-risk-it-1) | **Rights and Respect**[What's the story?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/whats-the-story)[Fact or opinion?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/fact-or-opinion)[Mo makes a difference](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/mo-makes-a-difference)[Rights, respect and duties](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/rights-responsibilities-and-duties)[Spending wisely](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/spending-wisely)[Lend us a fiver!](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/lend-us-a-fiver) | **Being my Best**[It all adds up!](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/it-all-adds-up-)[Different skills](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/different-skills)[My school community (2)](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/my-school-community-2)[Independence and responsibility](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/independence-and-responsibility)[Star qualities?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/star-qualities-1)[Basic first aid, including Sepsis Awareness](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/basic-first-aid-4) | **Growing and Changing**[How are they feeling?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/how-are-they-feeling-1)[Taking notice of our feelings](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/taking-notice-of-our-feelings)[Dear Ash](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/dear-ash-1)[Growing up and changing bodies](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/growing-up-and-changing-bodies-1)[Changing bodies and feelings](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/changing-bodies-and-feelings)[Help! I'm a teenager - get me out of here!](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/help-im-a-teenager--get-me-out-of-here) |  |
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| Year 6  | **Me and My Relationships**Working togetherSolve the friendship problem[Behave yourself](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/behave-yourself-2)[Assertiveness skills (formerly Behave yourself - 2)](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/assertiveness-skills-formerly-behave-yourself--2)[Don't force me](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/dont-force-me)[Acting appropriately](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/acting-appropriately) | **Valuing Difference**[OK to be different](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/ok-to-be-different)[We have more in common than not](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/we-have-more-in-common-than-not)[Respecting differences](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/respecting-differences)[Tolerance and respect for others](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/tolerance-and-respect-for-others)[Advertising friendships!](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/advertising-friendships)[Boys will be boys? - challenging gender stereotypes](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/boys-will-be-boys--challenging-gender-stereotypes-1) | **Keeping Safe**Think before you click![To share or not to share?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/to-share-or-not-to-share)[Rat Park](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/rat-park-1)[What sort of drug is...?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/what-sort-of-drug-is-1)[Drugs: it's the law!](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/drugs-its-the-law-)[Alcohol: what is normal?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/alcohol-what-is-normal-) | **Rights and Respect**[Two sides to every story](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/two-sides-to-every-story)[Fakebook friends](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/fakebook-friends)[What's it worth?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/whats-it-worth)Happy shoppers – caring for the environment[Democracy in Britain 1 - Elections](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/democracy-in-britain-1--elections)[Democracy in Britain 2 - How (most) laws are made](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/democracy-in-britain-2--how-most-laws-are-made) | **Being my Best**[This will be your life!](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/this-will-be-your-life-)[Our recommendations](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/our-recommendations)[What's the risk? (1)](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/whats-the-risk-1)[What's the risk? (2)](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/whats-the-risk-2-1)[Basic first aid, including Sepsis Awareness](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/basic-first-aid-5)[Five Ways to Wellbeing project](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/five-ways-to-wellbeing-project) | **Growing and Changing**[I look great!](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/i-look-great)[Media manipulation](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/media-manipulation)[Pressure online](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/pressure-online)[Helpful or unhelpful? Managing change](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/helpful-or-unhelpful-managing-change)[Is this normal?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/is-this-normal)[Making babies](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/making-babies-1) |  |

**Main points:**

* Each year group to cover 1 unit each half term which is split in to 6 lessons.
* Key language – Intentions, Skills, Assessment Questions
* Year 1-6 Pre and Post Unit Assessment to be carried out to gain children’s knowledge and understanding – post unit assessment to be completed in a different colour.
* For some units there are optional lessons if you need additional lessons or want to substitute any.