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**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 me  What makes me special  Who can help me?  My feelings  My feelings (2) | **Valuing Difference**  I’m special, you’re special  Same and different  Same and different families  Same and different homes  I am caring  I am a friend | **Keeping Safe**  What’s safe to go onto my body  Keeping myself safe  Safe indoors and outdoors  Listening to my feelings  Keeping safe online  People who help keep me safe | **Rights and Respect**  Looking after my special people  Looking after my friends  Being helpful at home and caring for our classroom  Caring for our world  Looking after money 1and 2 | **Being my Best**  Bouncing back when things go wrong  Yes, I can  Healthy eating  My healthy mind  Move your body  A good night’s sleep | **Growing and Changing**  Seasons  Life stages – plants, animals, humans  Life stages - human life stage  Where do babies come from?  Getting bigger  Me 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 challenge  Give 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 together  Solve 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.