

**Crawley Ridge Junior School**  
**Subject Specific Overview- PSHE**  
**We follow the Coram Life Scarf Programme.**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Responsibilities	Being My Best	Growing and Changing
<b>Year 3</b>	<p>As a rule            My special pet            Tangram team challenge            Looking after our special people            How can we solve this problem?            Dan's dare            Thanks            Friends are special</p> <p>To learn that our behaviours can affect other people</p> <p>To learn 2 strategies to resolve a conflict with a friend or family member</p> <p>To learn that in order to show respect, you treat people kindly and use good manners</p>	<p>Family and friends            My community            Respect and challenge            Our friends and neighbours            Let's celebrate our differences            Zeb</p> <p>To learn that there are different types of families</p> <p>To learn that disability, race, religion or belief and marriage/civil partnership are protected characteristics</p> <p>To learn that rules and laws are there to keep us safe</p>	<p>Safe or Unsafe?            Danger or risk?            The risk robot            Alcohol and cigarettes: the facts            Super searcher            None of your business!            Raisin challenge            Help or harm?</p> <p>To learn that a hazard is a potential source of danger.</p> <p>To learn that it is important to follow safety rules from parents and other adults in order to keep safe.</p> <p>To learn how to manage risk in everyday situations e.g., crossing the road, running in the playground, in the kitchen.</p>	<p>Our helpful volunteers            Helping each other stay safe            Harold's environment project            Can Harold afford it?            Earning money</p> <p>To learn that all humans have rights and responsibilities</p> <p>To know the term volunteer.</p> <p>To learn the difference between fact and opinion</p> <p>To learn 3 ways to help the environment (recycle, switch lights off, walk to school)</p> <p>To learn the terms income, saving and spending.</p>	<p>Healthy eating            Poorly Harold            For or against?            I am fantastic!            Getting on with your nerves!            Body team work            Top talents</p> <p>To learn that we are all unique and have valuable contributions to make.</p> <p>To learn that it is important to keep physically and mentally healthy.</p> <p>To learn what is needed in a balanced diet- carbohydrates, protein, fruit and vegetables</p> <p>To learn that washing hands can stop germs spreading</p>	<p>Relationship tree            Body space            Secret or surprise?            My changing body            Basic first aid</p> <p>To learn that your body belongs to you</p> <p>To learn that some parts of our body are private and should not be seen or touched without permission</p> <p>To learn the difference between appropriate and inappropriate touch</p> <p>To learn the importance of keeping our body clean</p> <p>To learn the terms 'penis', 'vulva', 'vagina', 'anus'.</p>

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			<p>To know where to get help and who to ask for help.</p> <p>To learn what is meant by a 'trusted adult', for example, a shop worker or a security guard.</p> <p>To know that 999 is the number for emergency services.</p> <p>To learn that personal or private information should never be shared with people online.</p> <p>To learn that only websites recommended by trusted adults should be used.</p> <p>To learn how to be a good friend and know the impact of hurtful behaviour.</p>	<p>To learn 3 items/ services that need to be paid for (electricity, food, furniture)</p> <p>To learn that people earn money by doing a job.</p> <p>To learn that the amount people get paid depends upon experience, qualifications and responsibilities</p>		<p>To learn that you should talk to a trusted adult if something or someone makes you feel uncomfortable.</p>
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			<p>To learn that bullying is hurtful behaviour and is unacceptable in any situation.</p> <p>To learn who we can trust and talk to if a situation makes us feel uncomfortable or unsafe.</p>			
<b>Year 4</b>	<p>An email from Harold!          Ok or not ok?          Human machines          Different feelings          When feelings change          Under pressure</p> <p>To learn that we can tell how someone is feeling by looking at their face and body language</p> <p>To learn that trust, respect, kindness and fairness make a good relationship</p>	<p>Can you sort it?          Islands          Friend or acquaintance?          What would I do?          The people we share our world with          That is such a stereotype!</p> <p>To learn that we all belong to different communities: school, faith and clubs</p> <p>To learn that we are all unique as we have different ideas and opinions</p>	<p>Danger, risk or hazard?          Picture Wise          How dare you!          Medicines: check the label          Know the norms          Keeping ourselves safe          Raisin challenge</p> <p>To learn the terms 'danger', 'risk' and 'hazard' and the difference between them.</p> <p>To learn which situations are either dangerous, risky or hazardous and</p>	<p>Who helps us stay healthy and safe?          It's your right          How do we make a difference?          In the news!          Safety in numbers          Logo quiz          Harold's expenses          Why pay taxes?</p> <p>To learn that humans have rights and responsibilities.</p> <p>To learn that everyone can make a difference by applying a democratic process.</p>	<p>What makes me ME!          Making choices          SCARF Hotel          Harold's Seven Rs          My school community          Basic first aid</p> <p>To know that we are unique.</p> <p>To learn we can make the same decisions as friends but it is also fine to choose differently.</p> <p>To learn that living more sustainably incorporates recycling, repairing,</p>	<p>Moving house          My feelings are all over the place!          All change!          Preparing for changes at puberty (formerly Period positive/preparing for periods)          Secret or surprise?          Together</p> <p>To learn that circumstantial changes happen to people in their lives and these can be positive or sometime challenging.</p>

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	<p>To learn that we have different types of relationships with different people</p> <p>To learn that bullying can take different forms: verbal, physical, emotional and cyber</p>	<p>To learn that everyone is different; people have different backgrounds, faiths, genders and sexual orientations</p> <p>To learn that you should talk to an adult you trust if you are being bullied or worried about someone else being bullied.</p>	<p>strategies to manage them.</p> <p>To learn that smoking and drinking alcohol for a young person's body.</p> <p>To learn the meanings of positive influence and negative influence.</p>	<p>To learn the meaning of income tax, National Insurance and VAT.</p> <p>To learn the meaning of income and expenditure</p>	<p>reducing and is better for the environment.</p> <p>To learn what is meant by the word community.</p>	<p>To learn that periods are a normal part of puberty for girls.</p> <p>To learn the correct terminology for genitalia.</p> <p>To learn the terms secret and surprise and the difference between a safe and unsafe secret.</p> <p>To learn that you should talk to an adult you trust if a secret makes you feel uncomfortable or unsafe.</p>
<b>Year 5</b>	<p>Collaboration</p> <p>Challenge!</p> <p>Give and take</p> <p>How good a friend are you?</p> <p>Relationship cake recipe</p> <p>Being assertive</p> <p>Our emotional needs</p> <p>Communication</p>	<p>Qualities of friendship</p> <p>Kind conversations</p> <p>Happy being me</p> <p>The land of the Red People</p> <p>Is it true?</p> <p>It could happen to anyone</p>	<p>'Thinking' about habits</p> <p>Jay's dilemma</p> <p>Spot bullying</p> <p>Ella's diary dilemma</p> <p>Decision dilemmas</p> <p>Play, like, share</p> <p>Drugs: true or false?</p> <p>Smoking: what is normal?</p> <p>Would you risk it?</p>	<p>What's the story?</p> <p>Fact or opinion?</p> <p>Rights, responsibilities and duties</p> <p>Mo makes a difference</p> <p>Spending wisely</p> <p>Lend us a fiver!</p> <p>Local councils</p>	<p>Getting fit</p> <p>It all adds up!</p> <p>Different skills</p> <p>My school community (2)</p> <p>Independence and responsibility</p> <p>Star qualities?</p> <p>Basic first aid, including Sepsis Awareness</p>	<p>How are they feeling?</p> <p>Taking notice of our feelings</p> <p>Dear Hetty</p> <p>Changing bodies and feelings</p> <p>Growing up and changing bodies</p> <p>Help! I'm a teenager - get me out of here!</p> <p>Dear Ash</p>

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	<p>To learn about friendship qualities, including compromise, and explain why they are important</p> <p>To learn ways to show how to stand up for myself (be assertive)</p> <p>To know when they might need to use assertiveness skills</p>	<p>To define some key qualities of friendship.</p> <p>To define discrimination</p> <p>To name the benefits of living in a diverse society</p> <p>To name the difference between sex, gender identity, gender expression and sexual orientation</p>	<p>To learn why and how a habit can be hard to change.</p> <p>To learn how to weigh up risk factors when making a decision.</p> <p>To learn that all medicines are drugs but not all drugs are medicines</p>	<p>To define the differences between responsibilities, rights and duties</p> <p>To learn what a voluntary group does</p> <p>To define the terms loan, credit, debt and interest</p>	<p>To learn two harmful effects each of smoking and drinking alcohol.</p> <p>To learn the importance of food, water and oxygen, sleep and exercise for the human body and its health</p> <p>To state what is meant by community</p>	<p>Stop, start, stereotypes</p> <p>To learn what kinds of touch are acceptable or unacceptable.</p> <p>To learn the correct words for the external sexual organs</p> <p>To learn what menstruation is and why it happens</p> <p>To learn the difference between a safe and an unsafe secret</p>
<b>Year 6</b>	<p>Working together</p> <p>Let's negotiate</p> <p>Solve the friendship problem</p> <p>Assertiveness skills</p> <p>Behave yourself</p> <p>Dan's day</p> <p>Don't force me</p> <p>Acting appropriately</p> <p>It's a puzzle</p>	<p>OK to be different</p> <p>We have more in common than not</p> <p>Respecting differences</p> <p>Tolerance and respect for others</p> <p>Advertising friendships!</p>	<p>Think before you click!</p> <p>Traffic lights</p> <p>To share or not to share?</p> <p>Rat Park</p> <p>What sort of drug is...?</p> <p>Drugs: it's the law!</p> <p>Alcohol: what is normal?</p>	<p>Two sides to every story</p> <p>Fakebook friends</p> <p>What's it worth?</p> <p>Jobs and taxes</p> <p>Action stations!</p> <p>Project Pitch (parts 1 &amp; 2)</p> <p>Happy shoppers</p> <p>Democracy in Britain</p> <p>1 - Elections</p>	<p>Five Ways to Wellbeing project</p> <p>This will be your life!</p> <p>Our recommendations</p> <p>What's the risk? Basic first aid, including Sepsis Awareness</p> <p>To learn how a high risk can be reduced</p>	<p>Helpful or unhelpful?</p> <p>Managing change</p> <p>I look great!</p> <p>Media manipulation</p> <p>Pressure online</p> <p>Is this normal?</p> <p>Dear Ash</p> <p>Making babies</p> <p>To learn that puberty is when a child's</p>

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	<p>To learn strategies to solving friendship issues.</p> <p>To learn the term 'negotiate' means to reach a beneficial outcome for both parties involved.</p> <p>To learn that there are three types of touch – appropriate, inappropriate and illegal.</p>	<p>Boys will be boys? - challenging gender stereotypes</p> <p>To learn that all people are unique.</p> <p>To learn ways of showing respect to others including verbal and non-verbal.</p> <p>To learn that there are benefits to living in a diverse society.</p> <p>To learn that 'prejudice' means to pre-judge someone.</p>	<p>Joe's story</p> <p>To learn that it is illegal to create and share sexual images of under 18's.</p> <p>To learn that drugs can be medical and non-medical.</p> <p>To learn the basic laws in relation to drugs.</p>	<p>Democracy in Britain 2 - How (most) laws are made</p> <p>To learn that money can be saved through: ISAs, pensions,</p> <p>To learn that environmentally sustainable living includes using less single-use plastics, using renewable energy and recycling household waste.</p>	<p>To learn that risks can be physical and emotional</p> <p>To learn that aspirational goals can be set to achieve in life.</p>	<p>body begins to develop and change as they become an adult.</p> <p>I learn the physical changes, both boys and girls experience during puberty (develop breasts, deeper voice, testicles develop, sweat and spots, periods, facial hair)</p> <p>I learn the emotional changes, both boys and girls experience during puberty (Hormones)</p> <p>To learn when a secret needs to be confidential or shared with a trusted adult</p>
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