

## Year 1 Long Term Plan PHSE - Linked to SCARF

Purple = Inform Parents

Green = Whole School

Blue = E-Safety Scheme

|   | Week 1   | Week 2  | Week 3   | Week 4  | Week 5  | Week 6  | Week 7  |
|---|--|---|--|---|---|---|---|
| <b><u>Autumn A</u></b><br><b><u>Me and My Relationships</u></b> | <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 &amp; Godfrey<br/>Being a good friend</p>  | <p>Show Racism the Red Card:</p> <p>What is Racism?</p> |
| <b><u>Autumn B</u></b><br><b><u>Valuing Differences</u></b>     | <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><b>Anti-Bullying Week:</b><br/>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>    |
| <b><u>Spring A</u></b><br><b><u>Keeping Safe</u></b>            | <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>Child Mental Health Week</p> <p>E-Safety Day<br/>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> |   |

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