

Life Skills

Long-term plan based on SCARF half-termly units and related key themes

(Units include lesson plans that cover all the DfE statutory requirements for Relationships Education and Health Education)

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Half-termly unit	Nursery	EYFS	Y1	Y2	Y3	Y4
1 Me and my Relationships	Marvellous me! I'm special People who are special to me	What makes me special People close to me Getting help	Feelings Getting help Classroom rules Special people Being a good friend	Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss	Healthy relationships Listening to feelings Bullying Assertive skills
2 Valuing Difference	Me and my friends Friends and family Including everyone	Similarities and differences Celebrating difference Showing kindness	Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help	Being kind and helping others Celebrating difference People who help us Listening skills	Recognising and respecting diversity Being respectful and tolerant My community	Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes
3 Keeping Safe	People who help me and keep me safe Safety indoors and outdoors What's safe to go into my body	Keeping my body safe Safe secrets and touches People who help to keep us safe	How our feelings can keep us safe - including online safety Safe and unsafe touches Medicine safety Sleep	Safe and unsafe secrets Appropriate touch Medicine safety	Managing risk Decision-making skills Drugs and their risks Staying safe online	Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences Online safety
4 Rights and Respect	Looking after myself Looking after others Looking after my environment	Looking after things: friends, environment, money	Taking care of things: Myself My money My environment	Cooperation Self-regulation Online safety Looking after money - saving and spending	Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money	Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money
5 Being my Best	What does my body need? I can keep trying I can do it!	Keeping my body healthy - food, exercise, sleep Growth mindset	Growth mindset Healthy eating Hygiene and health Cooperation	Growth mindset Looking after my body Hygiene and health Exercise and sleep	Keeping myself healthy and well Celebrating and developing my skills Developing empathy	Having choices and making decisions about my health Taking care of my environment My skills and interests
6 Growing and Changing	Growing and changing in nature When I was a baby Girls, boys and families	Cycles Life stages Girls and boys - similarities and differences	Getting help Becoming independent My body parts Taking care of self and others	Life cycles Dealing with loss Being supportive Growing and changing Privacy	Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets	Body changes during puberty Managing difficult feelings Relationships including marriage