

	<p>Autumn</p> <p>Core themes: Honesty, Empathy and Tolerance</p> <p>(Health & Well-being)</p> <p>HE</p>	<p>Spring</p> <p>Core themes: Achieve and Aspire, Respect</p> <p>(Relationships)</p> <p>AR</p>	<p>Summer</p> <p>Core theme: Thrive</p> <p>(Living in the wider world)</p> <p>T</p>
Reception	<p>Rights & Responsibilities (Honesty & empathy)</p> <p>To understand that our special people can be different to those of others: https://www.coramlifeeducation.org.uk/scarf/lesson-plans/looking-after-my-special-people</p> <p>To talk about why friends are important and how they help us: https://www.coramlifeeducation.org.uk/scarf/lesson-plans/looking-after-my-friends</p> <p>To identify ways in which they help at home: https://www.coramlifeeducation.org.uk/scarf/lesson-plans/being-helpful-at-home-and-caring-for-our-classroom</p> <p>Key vocabulary: family, special people, friends, feelings, environment, caring, home, jobs, monitors</p> <p>Feelings & Emotions (Empathy & tolerance)</p> <p>To explore how we feel at certain times or events: https://www.coramlifeeducation.org.uk/scarf/lesson-plans/my-feelings</p> <p>To identify events that can make a person feel sad: https://www.coramlifeeducation.org.uk/scarf/lesson-plans/my-feelings-2</p> <p>To develop their confidence and resilience towards having a growth mindset: https://www.coramlifeeducation.org.uk/scarf/lesson-plans/bouncing-back-when-things-go-wrong-1</p> <p>To recognise that some skills take time to learn: https://www.coramlifeeducation.org.uk/scarf/lesson-plans/yes-i-can</p> <p>Key vocabulary: feelings words (happy, sad, excited, angry), empathy, growth mindset, positive, attitudes, confidence, thrive.</p> <p>Valuing Difference (Empathy and tolerance)</p> <p>To describe their own positive attributes: https://www.coramlifeeducation.org.uk/scarf/lesson-plans/im-special-youre-special</p> <p>To recognise the similarities and differences amongst their peers: https://www.coramlifeeducation.org.uk/scarf/lesson-plans/same-and-different</p> <p>To talk about their family, customs and traditions: https://www.coramlifeeducation.org.uk/scarf/lesson-plans/same-and-different-families-</p> <p>To recognise the similarities and differences between their home and those of others: https://www.coramlifeeducation.org.uk/scarf/lesson-plans/same-and-different-homes</p> <p>Key vocabulary: British values, positive, achieve, similar, different, family, home, background, traditions.</p>	<p>Healthy Relationships (Achieve & aspire)</p> <p>To talk about their own interests: https://www.coramlifeeducation.org.uk/scarf/lesson-plans/all-about-me</p> <p>To share their favourite interests and objects: https://www.coramlifeeducation.org.uk/scarf/lesson-plans/what-makes-me-special</p> <p>To talk about the important people in their lives: https://www.coramlifeeducation.org.uk/scarf/lesson-plans/me-and-my-special-people</p> <p>To talk about when they might feel unsafe or unhappy https://www.coramlifeeducation.org.uk/scarf/lesson-plans/who-can-help-me</p> <p>Key vocabulary: interest, hobby, skill, object, favourite, precious, important, family, community, safe, unsafe, happy, unhappy.</p> <p>Taking care of the environment (respect)</p> <p>To think about what makes the world special and beautiful: https://www.coramlifeeducation.org.uk/scarf/lesson-plans/caring-for-our-world</p> <p>Key vocabulary: special, our world, environment, people, caring, protect.</p>	<p>Healthy Lifestyles (thrive)</p> <p>To recognise coins and other items relating to money: https://www.coramlifeeducation.org.uk/scarf/lesson-plans/looking-after-money-1-recognising-spending-using</p> <p>To talk about why it's important to keep money safe: https://www.coramlifeeducation.org.uk/scarf/lesson-plans/looking-after-money-2-saving-money-and-keeping-it-safe</p> <p>To name and choose healthy foods and drink: https://www.coramlifeeducation.org.uk/scarf/lesson-plans/healthy-eating-1</p> <p>Identify the 5 ways to support their wellbeing: https://www.coramlifeeducation.org.uk/scarf/lesson-plans/healthy-eating-2</p> <p>Key vocabulary: money (including currency), savings, spending, bank account, protect, save, healthy, unhealthy, wellbeing, mental health, positive, mindfulness.</p> <p>Keeping safe (thrive)</p> <p>To name things that keep their bodies safe: https://www.coramlifeeducation.org.uk/scarf/lesson-plans/whats-safe-to-go-onto-my-body</p> <p>To make safe decisions about items they don't recognise: https://www.coramlifeeducation.org.uk/scarf/lesson-plans/keeping-myself-safe--whats-safe-to-go-into-my-body-including-medicines</p> <p>To name some hazards and ways to stay safe inside: https://www.coramlifeeducation.org.uk/scarf/lesson-plans/safe-indoors-and-outdoors</p> <p>To share ideas about activities that are safe to do on electronic devices: https://www.coramlifeeducation.org.uk/scarf/lesson-plans/keeping-safe-online</p> <p>Key vocabulary: clothes, protective, waterproof, comfortable, safe, medicines, hazards, dangers, computers, online.</p>

Y1

Healthy Life Styles (HEART – current issue)

H5 - Simple hygiene routines that can stop germs from spreading
<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/catch-it-bin-it-kill-it>

Key vocabulary: germs, disease, illness, hygiene, hand sanitiser, washing, spreading, protection.

Rights & Responsibilities (Honesty and empathy)

L1, H28 – to help construct, and agree to follow, group, class and school rules and to understand how these rules help them.
<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/why-we-have-classroom-rules>; <https://www.coramlifeeducation.org.uk/scarf/lesson-plans/harolds-school-rules-1>

R10, R11, R12 - to recognise what is fair and unfair, kind and unkind, what is right and wrong.
<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/unkind-tease-or-bully>

Key vocabulary: respect, responsible, rules, bully, unkind, safeguarding.

Feelings & Emotions (Empathy and tolerance)

H11, H12, H13, H18 – different feelings that humans can experience, how to recognise them and how they affect our behaviour.
<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/our-feelings>
R9 – how to ask for help if a friendship is making them feel unhappy.
<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/who-can-help-1-1>

H14, H15, H16, H19 – to recognise what others may be feeling and how to recognise and share feelings
<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/thinking-about-feelings>

Key vocabulary: Feelings words, worried, excited, nervous, angry, same, different, emotion, loss, challenge, different

Valuing Difference (Empathy and tolerance)

R6 – how people make friends and what makes a good friendship
<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/good-friends>

Key vocabulary: Special, different, dilemma, responsibility, challenge, unhelpful, helpful, behaviour, problem, co-operative.

Healthy Relationships (Achieve and aspire, Respect)

L2 – how people and other living things have different needs; about the responsibilities of caring for them..

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/taking-care-of-something>

H22, H23, R3 – to identify and respect the differences and similarities between people, and recognise what they are good at

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/same-or-different-1>

R1, R2, L4 – the roles different people play in our lives; what can people do to help us feel cared for

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/who-are-our-special-people>

R5, H33 – it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried.. <https://www.coramlifeeducation.org.uk/scarf/lesson-plans/who-can-help-1-1>

L8, L9 – about the role of the internet in everyday life
<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/sharing-pictures>

Key vocabulary: real, imaginary, danger, secret, trust, good touch, bad touch, unsafe worried, private, community, help, safety

Taking care of the environment (Respect)

L3 – what improves and harms their local, natural and built environments and develop strategies and skills needed to care for these (including conserving energy)

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/around-and-about-the-school>

Key vocabulary: environment, outdoor education, responsibility, pupil voice

Money Matters (Thrive)

L10, L11 – that money comes from different sources and can be used for different purposes, including the concepts of spending and saving (Summer Fair?)

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/harolds-money-1>

Key vocabulary: earn, win, find, presents, pocket money, borrow, benefits, save, choices, jobs

Healthy lifestyles (Thrive)

H1, H3, H17 – about what keeping healthy means and different ways to keep healthy

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/healthy-me>

H2 - foods that support good health and the risks of eating too much sugar

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/eat-well-1>

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/i-can-eat-a-rainbow>

H4 - why sleep is important and different ways to rest and relax
<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/super-sleep-1>

H7 – understand dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health
<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/harolds-wash-and-brush-up>

Key vocabulary: food, drink, celebration, same, different, choice, active, protect, damage, sun, effect, games, safety, cultures, world, countries, special times

Keeping Safe (Thrive)

R16, R17, R20 – knowing there are situations when they should ask for permission and also when their permission should be sought; importance of not keeping adults secrets.

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/good-or-bad-touches>

R13 - what is meant by 'privacy'; their right to keep things 'private'; the importance of respecting others' privacy.

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/keeping-privates-private>

Key vocabulary: real, imaginary, danger, secret, trust, good touch, bad touch, unsafe worried, private, community, help, safety

Covered in other subjects:

To listen to other people and play and work cooperatively (including strategies to resolve simple arguments through negotiation – ongoing objective in all areas of Y1

Y2

Healthy Life Styles (HEART – current issue)

H5 - Simple hygiene routines that can stop germs from spreading

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/harolds-postcard--helping-us-to-keep-clean-and-healthy>

H29,H30, H32 – to recognise risk in simple everyday situations; how to keep safe in familiar and unfamiliar environments.

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/how-safe-would-you-feel>

Key vocabulary: healthy lifestyles, risk, illness, disease, safety, vaccine, immunisation, risk.

Rights & Responsibilities (Honesty and empathy)

L1 – what rules are, why they are needed, and why different rules are needed for different situations

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/our-ideal-classroom-1>

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/our-ideal-classroom-2-1>

H34 – basic rules to keep safe online; the importance of telling a trusted adult if they come across something that scares them.

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/playing-games>

Key vocabulary: British values, citizenship, caring, community, relationship, rules and law, safety, teamwork.

Feelings & Emotions (Empathy and tolerance)

R8, R21, R24, R25 – what is kind and unkind behaviour, and how this can affect others; how to listen to other people and play and work cooperatively

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/solve-the-problem>

L14 – everyone has different strengths

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/what-makes-us-who-we-are>

Key vocabulary: care, excluded, friend, difficult, problems, resolve, strengths, talents, kind, unkind, cooperative.

Healthy Relationships (Achieve and aspire)

L4 – that they belong to various groups and communities such as family and school.

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/my-special-people>

R5 – it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/what-should-harold-say>

R18- the difference between secrets and nice surprises (that everyone will find out eventually) and the importance of not keeping any secret that makes them feel uncomfortable, anxious or afraid.

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/some-secrets-should-never-be-kept>

R10, R11 – that bodies and feelings can be hurt by feelings and actions; how people may feel if they experience hurtful bullying or behaviour

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/types-of-bullying->

R12 – that hurtful behaviour (online and offline) is not acceptable; how to report bullying and the importance of telling a trusted adult.

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/bullying-or-teasing>

Key vocabulary: Healthy diet, oral health, physical activity, active, sleep, vaccination routine, hygiene, food, rest, routines.

Valuing Difference (Respect)

R22 – how to treat themselves and others with respect; how to be polite and courteous

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/getting-on-with-others>

R23, L6 – to recognise the ways in which they are the same and different to others

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/when-someone-is-feeling-left-out>

Key vocabulary: **diversity**, citizenship, caring, cooperation, respect, teamwork, tolerance.

Money Matters (Thrive)

L10, L11 – about the role money plays in their lives including how to manage their money, keep it safe, choices about spending money and what influences their choices.

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/harold-goes-camping>

L13 – that money needs to be looked after and different ways of doing this

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/harold-saves-for-something-special>

Key vocabulary: money, responsibility, decision making, saving

Growing & Changing (Thrive)

H21-22 – ways in which they are all unique; understand that there has never been, and will never be, another 'them'.

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/what-makes-us-who-we-are>

H26 – about growing and changing from young to old and how people's needs change. <https://www.coramlifeeducation.org.uk/scarf/lesson-plans/havent-you-grown>

H20 – about change and loss and the associated feelings (including moving home, losing toys, pets or friends)

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/sam-moves-away>

Key vocabulary: **diversity**, self-esteem, bullying, difference, community, feelings, respect, tolerance, emotions, growing up, independence, resilience, loss, change.

Keeping Safe (Thrive)

R14, R15, R19 – sometimes people behave differently online; how to respond safely to adults they don't know; basic techniques for resisting pressure to do something they don't want to.

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/i-dont-like-that-1>

H35, H36 – what to do if there is an accident and someone is hurt; how to get help in an emergency

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/feeling-safe->

H6 – that medicines (including vaccinations and immunisations) can help people stay healthy

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/what-could-harold-do-1>

H31, H37 – that household products, including medicines, can be harmful if not used properly.

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/harolds-picnic->

Key vocabulary: emergency, safe, responsible, rules, unsafe, hazards, road safety, fire safety, danger, vaccine, medicine, healthy, pharmacy, doctor, safety, asthma, instructions.

Covered in other subjects:

R4 – to identify common features of family life (Science) – growing from baby to adult

H25 – to name the main parts of the body including external genitalia (Science) <https://www.coramlifeeducation.org.uk/scarf/lesson-plans/some-secrets-should-never-be-kept>

	Autumn Core themes: Honesty, Empathy and Tolerance (Health & Well-being) HE	Spring Core themes: Achieve and Aspire, Respect (Relationships) AR	Summer Core theme: Thrive (Living in the wider world) T
Y3	<p>Rights & Responsibilities (Honesty & empathy) H1-5, H9 – That bacteria and viruses can affect health and that following simple routines can reduce their spread. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/poorly-harold H37, L1 – reasons for following and complying with regulations and restrictions; how they promote personal safety and wellbeing with reference to social media, TV, films and games. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/as-a-rule H1-4, H6 – how to make informed choices about health; the elements of a balanced diet; choices that support a healthy lifestyle https://www.coramlifeeducation.org.uk/scarf/lesson-plans/derek-cooks-dinner-healthy-eating L3 – about the relationship between rights and responsibilities. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/lets-have-a-tidy-up</p> <p>Key vocabulary: hygiene, illness, medicines, safety, viruses, drugs, safeguarding, pupil voice, democracy, healthy, diet, responsibility, community.</p> <p>Feelings & Emotions (Empathy & tolerance) R31-34 – recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves; respecting peoples differences and similarities. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/respect-and-challenge R13-14 – the importance of seeking support if feeling lonely or excluded; that healthy friendships make people feel included. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/how-can-we-solve-this-problem L4, L8, H25-27, R7, R20-21, R30-32 – the importance of having compassion towards others; shared responsibilities we all have for caring for people and living things. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/lets-celebrate-our-differences</p> <p>Key vocabulary: diversity, British values, cooperation, respect, teamwork, tolerance, negotiating, communication, relationships, emotions, discrimination.</p>	<p>Healthy Relationships (Achieve & aspire) R33, R34, L4 – to listen and respond respectfully to a wide range of people; how to discuss and debate topical issues. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/thunks R10 – the importance of friendships; strategies for building positive friendships and how they support wellbeing. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/friends-are-special-1 R10-11, R17-18 – what constitutes a positive, healthy friendship (eg. Mutual respect, trust, truthfulness, loyalty, kindness) https://www.coramlifeeducation.org.uk/scarf/lesson-plans/relationship-tree L6-7 – about the different groups that make up their community; what living in a community means https://www.coramlifeeducation.org.uk/scarf/lesson-plans/my-community</p> <p>Key vocabulary: respect, tolerance, decision making, communication, self-esteem, caring, conflict resolution, responsibility, trust, family, citizenship, community.</p> <p>Keeping safe (respect) H14 – how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/helping-each-other-to-stay-safe H42, R12, R22-30 – the importance of keeping personal information private; strategies for keeping safe online; where to get advice and report concerns. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/none-of-your-business H39 – about hazards that may cause harm, injury or risk in the home and what they can do to reduce risks and keep safe. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/the-risk-robot H43 – about what is meant by first aid; basic techniques for dealing with common injuries. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/basic-first-aid-2</p> <p>Key vocabulary: respect, keeping safe, getting help, consent, responsibility, privacy, online safety, independence, risk taking, confidence.</p>	<p>Money Matters (Thrive) L18-19 – recognise that people have different attitudes towards saving and spending money; that people's spending decisions can affect others https://www.coramlifeeducation.org.uk/scarf/lesson-plans/can-harold-afford-it L25-26 – to recognise positive things about themselves and their achievements; that there is a broad range of different jobs/careers people can have. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/earning-money</p> <p>Key vocabulary: environment, money, saving, responsibility, independence, growing up.</p> <p>Valuing difference (respect and thrive) R1-2, R8-9, L9 - To recognise different types of relationships, including those between acquaintances, friends, relatives and families; recognise different family set ups and shared characteristics of family life. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/family-and-friends</p> <p>Key vocabulary: diversity, friendship, respect, stereotypes, tolerance, family, LGBT+, adoption.</p> <p>Growing & Changing H17-18, H20, H23 – to recognise that feelings change over time; about everyday things that affect feelings; strategies to respond to feelings. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/my-special-pet H30-34 – to identify external genitalia; physical and emotional changes that happen when approaching and during puberty; process of reproduction. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/my-changing-body</p> <p>Key vocabulary: bereavement, caring, feelings, support network, dealing with loss, change, relationships, emotions, personal hygiene, puberty, periods, menstruation, body changes.</p> <p>Taking care of the environment L5 – ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/harolds-environment-project</p> <p>Key vocabulary: citizenship, community, environment, teamwork, responsibility, pupil voice, responsibility.</p>

Y4	<p>Rights & Responsibilities (Honesty & empathy) H9 – That bacteria and viruses can affect health and that following simple routines can reduce their spread. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/poorly-harold H5-7, H15-16 – what good physical health means; how to recognise early signs of physical illness; healthy diet and weekly exercise. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/scarf-hotell R24 – to respond safely and appropriately to adults they may encounter (in all contexts) whom they do not know. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/danger-risk-or-hazard</p> <p>Key vocabulary: drugs, healthy eating, healthy lifestyles, hygiene, illness, medicine, physical activity, safety, confidence, hazard, risk.</p> <p>Valuing Difference (Tolerance) R6-8, R10-11, L8-9 - about diversity: what it means; the benefits of living in a diverse community and valuing diversity. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/friend-or-acquaintance H25, H27-28, R31 – to recognise their individuality and personal qualities; to identify personal strengths, achievement and interests. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/what-makes-me-me-</p> <p>Key vocabulary: diversity, achievement, self-esteem, bullying,</p> <p>Feelings & Emotions (Empathy & tolerance) H17-20 – to recognise that feelings can change over time; that every day things affect feelings; strategies to respond to feelings. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/different-feelings R16-18 – how friendships can change over time, making new friends and resolving disputes.. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/ok-or-not-ok-part-1</p> <p>Key vocabulary: feelings, respect, relationships, emotions, self-esteem, confidence, friendships.</p>	<p>Healthy Relationships (Achieve & aspire) H14 – how and when to seek support, including which adults to speak to in and outside of school. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/who-helps-us-stay-healthy-and-safe L6-7 – about the different groups that make up our community; what living in a community means. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/my-school-community-1</p> <p>Key vocabulary: community, safe guarding, trust, responsibility, mental health, citizenship</p> <p>Keeping Safe (Respect) H39, H41, R18-21, R31 – about hazards that may cause harm, injury or risk in the home; strategies for keeping safe. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/keeping-ourselves-safe</p> <p>H40 – about the importance of taking medicines correctly and using household products safely. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/medicines-check-the-label-1</p> <p>R9, R222, R24-28 – how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/secret-or-surprise-1</p> <p>L11-16 – recognise ways in which the internet and social media can be used both positively and negatively. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/super-searcher</p> <p>H43 – what is meant by first aid; basic techniques for dealing with common injuries. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/basic-first-aid-3</p> <p>Key vocabulary: assertiveness, bullying, peer pressure, risk taking, safeguarding, confidence, communication, emotions, hygiene, medicines, drugs, privacy, responsibility.</p>	<p>Money Matters (Thrive) L12. - to assess the reliability of sources of information online; and how to make safe, reliable choices from search results. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/in-the-news L18-19 – recognise that people have different attitudes towards saving and spending money. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/harolds-expenses L20 – to recognise that people make spending decisions based on priorities, needs and wants. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/why-pay-taxes-1</p> <p>Key vocabulary: trust, peer influence, decision making, money, citizenship, expenses, responsibility.</p> <p>Growing & Changing (Thrive) H30-33 – to identify the external genitalia and internal reproductive organs; the process of reproduction and body changes. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/all-change</p> <p>H31 – about the physical and emotional changes that happen when approaching and during puberty. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/my-feelings-are-all-over-the-place</p> <p>R3-5, R7, R10 – about marriage and civil partnership as a legal declaration of commitment; to recognise and respect that there are different types of family https://www.coramlifeeducation.org.uk/scarf/lesson-plans/together</p> <p>H46-50 – about the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/know-the-norms</p> <p>Key vocabulary: puberty, growing, changing, vulva, vagina, ovaries, eggs, womb, clitoris, labia, breasts, penis, testicles, sperm, pubic hair; diversity, consent, LGBT+, sexual orientation, marriage, partnership; alcohol, drugs, smoking, vaping.</p>
	<p>Covered in other subjects: To research, discuss and debate topical issues, problems and events concerning health and wellbeing, and offer their recommendations to appropriate people. – Geography (Food for thought) H7 – how regular, daily exercise benefits mental and physical health (PE)</p>		

	Autumn Core themes: Honesty, Empathy and Tolerance (Health & Well-being) HE	Spring Core themes: Achieve and Aspire, Respect (Relationships) AR	Summer Core theme: Thrive (Living in the wider world) T
Y5	<p>Rights & Responsibilities (Honestly & empathy) H9 – That bacteria and viruses can affect health and that following simple routines can reduce their spread. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/poorly-harold</p> <p>Key vocabulary: drugs, healthy eating, healthy lifestyles, hygiene, medicines, safety, illness.</p> <p>Feelings & Emotions (Empathy & tolerance) R13-14, R17-18 – that healthy friendships make people feel included; recognise when others feel lonely and excluded. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/relationship-cake-recipe H17-20, H24 – problem solving strategies for dealing with emotions, challenges and change.. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/our-emotional-needs- R15, R23-4, R30 – strategies for recognising and managing peer influence; about why someone may behave differently online .https://www.coramlifeeducation.org.uk/scarf/lesson-plans/spot-bullying R22, R26 – about seeking and giving permission (consent) in different situations https://www.coramlifeeducation.org.uk/scarf/lesson-plans/ellas-diary-dilemma R7, R32, L4 – to recognise and respect that there are different types of family structure. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/the-land-of-the-red-people H23 – about change and loss, including death, and how these can affect feelings; ways of expressing and managing grief. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/dear-hetty-1</p> <p>Key vocabulary: self-esteem, caring, cooperation, emotional needs, respect, safeguarding, trust, consent, relationships, change, permission, diversity, respect, racism, tolerance, discrimination, resilience.</p>	<p>Healthy Relationships (Achieve and aspire) R12, R23-4, R28-30, L5, L16 – to recognise what it means to 'know someone online' and how this differs from knowing someone face-to-face; risks of communicating online https://www.coramlifeeducation.org.uk/scarf/lesson-plans/play-like-share-1 L6-7 – about the different groups that make up our community; what living in a community means. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/my-school-community-2</p> <p>Key vocabulary: feelings, respect, safeguarding, responsibility, community, citizenship.</p> <p>Valuing Difference (Respect) H26 – that for some people gender identity does not correspond with their biological sex. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/is-it-true R19-21, L9 – about discrimination: what it means and how to challenge it. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/stop-start-stereotypes H27 – to recognise their individuality and personal qualities. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/star-qualities-1</p> <p>Key vocabulary: bullying, self-esteem, being yourself, gender, LGBT+, identify, prejudice, respect, stereotypes, law.</p> <p>Keeping Safe (Respect) H10, H39-40, H46-47 – how medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/drugs-true-or-false-2 H38-39 – how to predict, assess and manage risk in different situations. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/would-you-risk-it-1 H43-44 - what is meant by first aid; basic techniques for dealing with common injuries. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/basic-first-aid-4</p> <p>Key vocabulary: alcohol, drugs, medicines, vaping, smoking, law, assertiveness, rules, risk taking.</p>	<p>Growing & Changing (Thrive) H30-31, H36 – identify the external genitalia and internal reproductive organs. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/changing-bodies-and-feelings H31-34, H45, R22, R25-27 - about the physical and emotional changes that happen when approaching and during puberty; reproduction and the importance of hygiene routines. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/growing-up-and-changing-bodies-1 H29 – how to manage setbacks/perceived failures, including how to reframe unhelpful thinking. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/different-skills H35 – new opportunities and responsibilities that increasing independence may bring. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/independence-and-responsibility</p> <p>Key vocabulary: external sexual organs, periods, menstruation, masturbation, wet dreams, emotions, FGM; achievements, aspirations, resilience, independence, responsibility.</p> <p>Money Matters (Thrive) L21-24 – different ways to keep track of money and the risks associated with money. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/lend-us-a-fiver L30 – about some of the skills that will help them in their future careers. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/collaboration-challenge</p> <p>Key vocabulary: money, respect, risk taking, responsibility, decision making, negotiating, cooperation.</p> <p>Healthy Life Styles (Thrive) L16 – how text and images in the media and on social media can be manipulated or invented. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/is-it-true H46-49 – about the mixed messages in the media about drugs, including alcohol and smoking. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/smoking-what-is-normal-</p> <p>Key vocabulary: self-esteem, bullying, imagery, gender, LGBT+. Media influence, peer pressure, risk taking, social norms.</p>

<p>Y6</p>	<p>Rights & Responsibilities (Honesty & empathy) H9 – That bacteria and viruses can affect health and that following simple routines can reduce their spread. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/poorly-harold L2 - to recognise there are human rights, that are there to protect everyone. 1. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/captain-coram-1--gin-lane-childrens-rights-in-the-18th-century; 2. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/captain-coram-2--thomas-coram-and-the-foundling-hospital-1 4. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/captain-coram-4--hetty-feather-fictional-foundling-childrens-rights-in-the-19th-century 6. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/captain-coram-6--coram-today-childrens-rights-in-the-21st-century-1 H38 – how to predict, assess and manage risk in different situations. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/whats-the-risk-1; https://www.coramlifeeducation.org.uk/scarf/lesson-plans/whats-the-risk-2-1 Key vocabulary: drugs, healthy eating, healthy lifestyles, hygiene, medicines, safety, illness, human rights, responsibilities.</p> <p>Feelings & Emotions (Empathy & tolerance) H20 – strategies to respond to feelings, including intense or conflicting feelings. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/assertiveness-skills-formerly-behave-yourself-2 R9-10 – about the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing; https://www.coramlifeeducation.org.uk/scarf/lesson-plans/tolerance-and-respect-for-others R14-15 – that healthy friendships make people feel included; recognise when others feel lonely or excluded; strategies for recognising and managing peer influence https://www.coramlifeeducation.org.uk/scarf/lesson-plans/dans-day Key vocabulary: assertiveness, self-esteem, bullying, peer influence, relationships; British values, diversity, identify, prejudice, racism, respect, stereotypes, conflict resolution.</p>	<p>Healthy Relationships (Achieve & aspire) R1 – to recognise that there are different types of relationships. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/advertising-friendships R22,R29 – about privacy and personal boundaries; what is appropriate in friendships and wider relationships. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/dear-ash- R25 – recognise different types pf physical contact; which is acceptable and unacceptable. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/acting-appropriately R17 – that friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/lets-negotiate R3-4 – that marriage and civil partnership is a legal declaration of commitment; that forcing anyone to marry against their will is a crime. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/dont-force-me R12 – to recognise what it means to 'know someone online' and how this differs from knowing someone face-to-face; risks of communicating online. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/fakebook-friends Key vocabulary: self-esteem, relationships, trust, safeguarding, secrets, body parts, feelings, FGM, inappropriate touch, unwanted touch, consent, law, online safety, social media.</p> <p>Valuing Difference (Respect) R7 – to recognise and respect that there are different types of family structure; that families of all types can give family members love, security and stability. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/we-have-more-in-common-than-not R19-21 – about discrimination; what it means and how to challenge it; about the impact of bullying and why it happens. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/ok-to-be-different Key vocabulary: diversity, identity, bullying, respect, sexual orientation, gender, LGBT+, tolerance, relationships.</p>	<p>Money Matters (Thrive) L14 – To develop an initial understanding of the concepts of 'interest', 'loan', 'debt', and 'tax' (e.g. their contribution to society through the payment of VAT). https://www.coramlifeeducation.org.uk/scarf/lesson-plans/jobs-and-taxes L16 - What is meant by enterprise and begin to develop enterprise skills. 3. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/captain-coram-3--funds-for-foundlings-18th-century-artists-raise-money-for-the-1st-childrens-charity L31-32 – to identify the kid of job that they might like to do when they are older; recognise a variety of routes into careers. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/this-will-be-your-life- Key vocabulary: aspirations, community, money, responsibility, citizenship, teamwork, human rights, achievement, aspirations.</p> <p>Growing & Changing (Thrive) H45 – that female genital mutilation (FGM) is against British Law, what to do and who to tell if they or someone they know might be at risk. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/growing-up-and-changing-bodies-1 H33 – about the process of reproduction and birth as part of the human life cycle. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/making-babies-1 L27 – about stereotypes in the workplace, and that a persons career aspirations should not be limited by them https://www.coramlifeeducation.org.uk/scarf/lesson-plans/boys-will-be-boys--challenging-gender-stereotypes-1 Key vocabulary: body parts, personal hygiene, puberty, menstruation, body changes, FGM, sex, reproduction, conception, IVF, adoption, surrogacy, pregnancy, birth.</p> <p>Keeping Safe (Achieve & aspire) H40 – the importance of taking medicines correctly and using household products safely. https://www.coramlifeeducation.org.uk/scarf/lesson-plans/drugs-its-the-law- H46 – about the risks and effects of legal drugs common to everyday life https://www.coramlifeeducation.org.uk/scarf/lesson-plans/alcohol-what-is-normal- H43-44 – about what is meant by first aid; basic techniques for dealing with common injuries; what to do in an emergency https://www.coramlifeeducation.org.uk/scarf/lesson-plans/basic-first-aid-4 Key vocabulary: alcohol, drugs, medicines, smoking and vaping, social norms, peer influence, media influence, responsibility, confidence, sepsis.</p>
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