



Uplands PSHE Curriculum

We focus on elements of personal, social, health and economic (PSHE) education both in the high quality lessons we teach, as well as throughout our daily routines. We encourage open discussions and debates, in which children are able to ask questions and feel comfortable to challenge ideas, as they develop their understanding of various issues. We help pupils to learn about their own personal development. Children in our school learn to care for others, to be generous, kind and respectful. We strongly believe that good experience of personal relationships in early life, will make an important contribution to an understanding of moral and spiritual values when they are older.

We use a scheme called SCARF to support our PSHE curriculum. SCARF stands for: Safety, Caring, Achievement, Resilience, Friendship - all of which we value highly at Uplands Community Primary School.

Our PSHE curriculum follows a two-year rolling programme. We use rich texts where possible to enhance the learning.

Our PSHE curriculum is sequenced from reception to year 6. It takes the form of a 'spiral curriculum' and so continually makes links to prior learning. The six units (Me and my relationships, Valuing Difference, Keeping Myself Safe, Rights and Responsibilities, Being my best, Growing and changing) repeat each year and prior learning is built upon, explored further and deepened. The units also cover more content and more complex topics over the years which ensure progression.

Our PSHE curriculum naturally lends itself to our five Big Ideas which are weaved throughout (diversity, the environment, similarities and differences, relationships and changes).



Merlins Year A/B (SCARF Reception) PSHE Key Learning Points and End of Unit Outcomes

	Autumn Term	Spring Term	Summer Term
Links	Big ideas: Environment, relationships, similarities and differences.	Big ideas: Environment, similarities and differences.	Big ideas: Changes, Diversity, similarities and differences.
Key Learning	<p>Me and my relationships</p> <ul style="list-style-type: none"> • What makes me special • People close to me • Getting help <p><i>End of unit question: Can the children talk about their families?</i></p> <p>Valuing Difference</p> <ul style="list-style-type: none"> • Similarities and difference • Celebrating difference • Showing kindness <p><i>End of unit question: Can they describe their own positive attributes?</i></p>	<p>Keeping Myself Safe</p> <ul style="list-style-type: none"> • Keeping my body safe • Safe secrets and touches • People who help to keep us safe <p><i>End of unit question: Can they name things that keep their bodies safe?</i></p> <p>Rights and Responsibilities</p> <ul style="list-style-type: none"> • Looking after things: friends, environment, money <p><i>End of unit question: Can they name the special people in their lives?</i></p>	<p>Being my best</p> <ul style="list-style-type: none"> • Keeping by body healthy – food, exercise, sleep • Growth Mindset <p><i>End of unit question: Can the children name things they can do to keep their body healthy?</i></p> <p>Growing and changing</p> <ul style="list-style-type: none"> • Cycles - Life stages • Girls and boys – similarities and differences <p><i>End of unit question: Can they describe how humans change throughout their lives?</i></p>
Vocab	special practice effort same different family friends feelings favourite kindness kind unkind	sleep water food fresh air cuddle medicine chemist doctor grown up worried tell adult trust responsibility working together money pay cost	bounce back encourage try again food energy grow healthy fruit vegetable dairy food exercise sleep wash healthy energy grow



Owls Year A (SCARF Y1) PSHE Key Learning Points and End of Unit Outcomes

	Autumn Term	Spring Term	Summer Term
Links	Big ideas: Environment, relationships, similarities and differences.	Big ideas: Environment, similarities and differences.	Big ideas: Changes, Diversity, similarities and differences.
Key Learning	<p>Me and my relationships</p> <ul style="list-style-type: none"> • Feelings • Getting help • Classroom rules • Special people • Being a good friend <p><i>End of unit question: Can the children explain ways in which they can be hurt and what they can do to get help?</i></p> <p>Valuing Difference</p> <ul style="list-style-type: none"> • Recognising, valuing and celebrating difference • Developing respect and accepting others • Bullying and getting help <p><i>End of unit question: Can they describe similarities and differences between people?</i></p>	<p>Keeping Myself Safe</p> <ul style="list-style-type: none"> • How our feelings can keep us safe – including online safety • Safe and unsafe touches • Medicine Safety • Sleep <p><i>End of unit question: Can they describe a healthy lifestyle?</i></p> <p>Rights and Responsibilities</p> <ul style="list-style-type: none"> • Taking care of things: • Myself • My money • My environment <p><i>End of unit question: Can they describe how to take care of their environment?</i></p>	<p>Being my best</p> <ul style="list-style-type: none"> • Growth Mindset • Healthy eating • Hygiene and health • Cooperation <p><i>End of unit question: Can they describe some ways they can keep themselves healthy?</i></p> <p>Growing and changing</p> <ul style="list-style-type: none"> • Getting help • Becoming independent • My body parts • Taking care of self and others <p><i>End of unit question: Can they describe how to take care of babies and what babies may need help with?</i></p>
Vocab	feelings body language emotions safe support teasing bully bullying behaviour	private trust privates consent entertainment donating risks harmful vitamins portion salt sugar hygiene	learning practice make mistakes confidence achievement change growing size height needs help



Owls Year B (SCARF Y2) PSHE Key Learning Points and End of Unit Outcomes

	Autumn Term	Spring Term	Summer Term
Links	Big ideas: Environment, relationships, similarities and differences.	Big ideas: Environment, similarities and differences.	Big ideas: Changes, Diversity, similarities and differences.
Key Learning	<p>Me and my relationships</p> <ul style="list-style-type: none"> • Bullying and teasing • Our school rules about bullying • Being a good friend • Feelings/self-regulation <p><i>End of unit question: Can the children describe what bullying?</i></p> <p>Valuing Difference</p> <ul style="list-style-type: none"> • Being kind and helping others • Celebrating difference • People who help us • Listening Skills <p><i>End of unit question: Can they describe how their actions may make other people feel?</i></p>	<p>Keeping Myself Safe</p> <ul style="list-style-type: none"> • Safe and unsafe secrets • Appropriate touch • Medicine safety <p><i>End of unit question: Can they identify who they can speak to if they feel unsafe or unsure of something?</i></p> <p>Rights and Responsibilities</p> <ul style="list-style-type: none"> • Cooperation • Self-regulation • Online safety • Looking after money – saving and spending <p><i>End of unit question: Can they describe what strategies they can use to get on with others at school?</i></p>	<p>Being my best</p> <ul style="list-style-type: none"> • Growth Mindset • Looking after my body • Hygiene and health • Exercise and sleep <p><i>End of unit question: Can they describe the importance of hygiene?</i></p> <p>Growing and changing</p> <ul style="list-style-type: none"> • Life cycles • Dealing with loss • Being supportive • Growing and changing • Privacy <p><i>End of unit question: Can the children describe how to give others positive feedback and respect their privacy?</i></p>
Vocab	feelings showing feelings help bullying repeated unique respect feelings behaviour calm aggressive solve	safe unsafe feelings getting help touch uncomfortable secret tell feelings control erupt gamer personal information internet risk	brain heart lungs stomach small intestine large intestine food first aid risk accident danger hazard safe burn scald accident emergency



Kestrels Year A (SCARF Y3) PSHE Key Learning Points and End of Unit Outcomes

	Autumn Term	Spring Term	Summer Term
Links	Big ideas: Environment, relationships, similarities and differences.	Big ideas: Environment, similarities and differences.	Big ideas: Changes, Diversity, similarities and differences.
Key Learning	<p>Me and my relationships</p> <ul style="list-style-type: none"> • Rules and their purpose • Cooperation • Friendship (including respectful relationships) • Coping with loss <p><i>End of unit question: Can the children identify the value of and respect other people's skills and opinions?</i></p> <p>Valuing Difference</p> <ul style="list-style-type: none"> • Recognising and respecting diversity • Being respectful and tolerant • My community <p><i>End of unit question: Can they describe the term 'community'?</i></p>	<p>Keeping Myself Safe</p> <ul style="list-style-type: none"> • Managing risk • Decision-making skills • Drugs and their risks • Staying safe online <p><i>End of unit question: Can they explain the term 'risk' and give examples of risks they've learnt about?</i></p> <p>Rights and Responsibilities</p> <ul style="list-style-type: none"> • Skills we need to develop as we grow up • Helping and being helped • Looking after the environment • Managing money <p><i>End of unit question: Can they explain how people can earn money and give examples of what money is needed for?</i></p>	<p>Being my best</p> <ul style="list-style-type: none"> • Keeping myself healthy and well • Celebrating and developing my skills • Developing empathy <p><i>End of unit question: Can they describe what empathy is?</i></p> <p>Growing and changing</p> <ul style="list-style-type: none"> • Relationships • Changing bodies and puberty • Keeping safe • Safe and unsafe secrets <p><i>End of unit question: Can they describe body space and the importance of it?</i></p>
Vocab	calm apologise listen making up conflict point of view dare persuade feelings family adoption fostering same-sex couple blended family	danger (dangerous) risk (risky) feelings strategies consequence risk browsing phishing search engine fake news internet safety fact opinion earning income	balanced diet proteins muscles dairy teeth bones starchy carbohydrates energy medicine drug dose safety instructions internet safety private public profile personal information



Kestrels Year B (SCARF Y4) PSHE Key Learning Points and End of Unit Outcomes

	Autumn Term	Spring Term	Summer Term
Links	Big ideas: Environment, relationships, similarities and differences.	Big ideas: Environment, similarities and differences.	Big ideas: Changes, Diversity, similarities and differences.
Key Learning	<p>Me and my relationships</p> <ul style="list-style-type: none"> • Healthy relationships • Listening to feelings • Bullying • Assertive skills <p><i>End of unit question: Can they explain the importance of listening to their own feelings?</i></p> <p>Valuing Difference</p> <ul style="list-style-type: none"> • Recognising and celebrating difference (including religions and cultural difference) • Understanding and challenging stereotypes <p><i>End of unit question: Can they describe the term 'stereotype' and give an example of a stereotype?</i></p>	<p>Keeping Myself Safe</p> <ul style="list-style-type: none"> • Managing risk • Understanding the norms of drug use (cigarette and alcohol use) • Influences • Online safety <p><i>End of unit question: Can the children describe managing risks in various circumstances? (in relation to: drug use, keeping themselves safe, images online)</i></p> <p>Rights and Responsibilities</p> <ul style="list-style-type: none"> • Making a difference (different ways of helping others or the environment) • Media influence • Decisions about spending money <p><i>End of unit question: Can they describe the terms 'rights' and 'responsibilities'?</i></p>	<p>Being my best</p> <ul style="list-style-type: none"> • Having choices and making decisions about my health • Taking care of my environment • My skills and interests <p><i>End of unit question: Can they describe ways in which they and others look after the school environment and community?</i></p> <p>Growing and changing</p> <ul style="list-style-type: none"> • Body changes during puberty • Managing difficult feelings • Relationships including marriage <p><i>End of unit question: Can they describe different types of relationships?</i></p>
Vocab	rude aggressive consequences face-to-face assertive compromise respectful miserable distressed lonely alone ignored isolated abandoned apologetic regretful	hazard hazardous influence consequences choices social norm rules democracy anti-social behaviour witness income expenditure essential	balanced diet wellbeing mental health refuse reduce re-use rot recycle repair re-think compromise hormones puberty feelings independence



Eagles Year A (SCARF Y5) PSHE Key Learning Points and End of Unit Outcomes

	Autumn Term	Spring Term	Summer Term
Links	Big ideas: Environment, relationships, similarities and differences.	Big ideas: Environment, similarities and differences.	Big ideas: Changes, Diversity, similarities and differences.
Key Learning	<p>Me and my relationships</p> <ul style="list-style-type: none"> • Feelings • Friendship skills, including compromise • Assertive skills • Cooperation • Recognising emotional needs <p><i>End of unit question: Can they describe the term 'compromise' and give an example of demonstrating compromise?</i></p> <p>Valuing Difference</p> <ul style="list-style-type: none"> • Recognising and celebrating difference, including religions and cultural • Influence and pressure of social media <p><i>End of unit question: Can they describe the benefits of living in a diverse society?</i></p>	<p>Keeping Myself Safe</p> <ul style="list-style-type: none"> • Managing risk, including online safety • Norms around use of legal drugs (tobacco, alcohol) • Decision-making skills <p><i>End of unit question: Can they describe how to 'weigh up' risk factors when making a decision?</i></p> <p>Rights and Responsibilities</p> <ul style="list-style-type: none"> • Rights, responsibilities and duties • relating to my health • Making a difference • Decisions about lending, borrowing and spending <p><i>End of unit question: Can they discuss the terms 'rights', 'responsibilities' and 'duties' and give examples of these?</i></p>	<p>Being my best</p> <ul style="list-style-type: none"> • Growing independence and taking ownership • Keeping myself healthy • Media awareness and safety • My community <p><i>End of unit question: Do the children recognise that the way people are portrayed in the media, isn't always a reflection on real life?</i></p> <p>Growing and changing</p> <ul style="list-style-type: none"> • Managing difficult feelings • Managing change • How my feelings help keep me safe • Getting help <p><i>End of unit question: Can they describe positive and negative feelings and give examples of how to manage these?</i></p> <p>SRE Y5 only: Changing bodies and feelings Know the correct words for the external sexual organs. Growing up and changing bodies Know what menstruation is and why it happens.</p> <p>SRE Y6 only: Is this normal? Define the word 'puberty', giving examples of some of the physical and emotional changes associated with it. Making Babies Know a variety of ways in which the sperm can fertilise the egg to create a baby.</p>
Vocab	perseverance commitment resilience determination patience interpersonal skills	dare pressure resist pressure habit addiction costs wages salaries rent Fair Trade	life skill sepsis resilience unwanted attention unwanted touch puberty genitalia semen menstruation period



Eagles Year B (SCARF Y6) PSHE Key Learning Points and End of Unit Outcomes

	Autumn Term	Spring Term	Summer Term
Lin ks	Big ideas: Environment, relationships, similarities and differences.	Big ideas: Environment, similarities and differences.	Big ideas: Changes, Diversity, similarities and differences.
Key Learning	<p>Me and my relationships</p> <ul style="list-style-type: none"> • Assertiveness • Cooperation • Safe/unsafe touches • Positive relationships <p><i>End of unit question: Can they describe the term 'assertive' and give an example of assertive behaviours?</i></p> <p>Valuing Difference</p> <ul style="list-style-type: none"> • Recognising and celebrating difference • Recognising and reflecting on prejudice-based bullying • Understanding Bystander behaviour • Gender stereotyping <p><i>End of unit question: Can they describe the term 'prejudice' and give an example?</i></p>	<p>Keeping Myself Safe</p> <ul style="list-style-type: none"> • Understanding emotional needs • Staying safe online • Drugs: norms and risks (including the law) <p><i>End of unit question: Can they describe ways to keep safe online?</i></p> <p>Rights and Responsibilities</p> <ul style="list-style-type: none"> • Understanding media bias, including social media • Caring: communities and the environment • Earning and saving money • Understanding democracy <p><i>End of unit question: Can they define the terms 'fact', 'opinion', 'biased' and 'unbiased', explaining the difference between them.?</i></p>	<p>Being my best</p> <ul style="list-style-type: none"> • Aspirations and goal setting • Managing risk • Looking after my mental health <p><i>End of unit question: Can they describe the five ways to wellbeing?</i></p> <p>Growing and changing</p> <ul style="list-style-type: none"> • Coping with changes • Keeping safe • Body Image • Sex education • Self-esteem <p><i>End of unit question: Can they suggest positive strategies for dealing with changes?</i></p> <p>SRE Y5 only: Changing bodies and feelings (Y5 session 4) Know the correct words for the external sexual organs. Growing up and changing bodies (Y5 Session 5) Know what menstruation is and why it happens. SRE Y6 only: Is this normal? (Y6 Session 4) Define the word 'puberty', giving examples of some of the physical and emotional changes associated with it. Making Babies (Y6 Session 7) Know a variety of ways in which the sperm can fertilise the egg to create a baby.</p>
Vocab	sensitive thoughtful response marriage civil partnership forced marriage illegal witness bystander	social media parental consent trolling identify theft sexual imaes permission alcohol short-term effects long-term effects	accurate reliable sources weigh up dilemma embryo womb sexual intercourse consensual