**Pol-Ed lessons First Aid lessons**

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|  | **Me and My Relationships** | **Valuing Differences** | **Keeping Myself Safe** | **Rights & Respect** | **Being My Best** | **Growing & Changing** |
| **YN** | -Marvellous me!  -I’m special | -Me and my friends  -Friends and family  -Including everyone | -What’s safe to go in my body?  -Safety indoors and outdoors  -[People who help to keep me safe](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/people-who-help-to-keep-me-safe-including-listening-to-my-feelings) | -Looking after myself  -Looking after others  -Looking after my environment. | -What does my body need?  -I can keep trying  -I can do it! | -Growing and changing in nature  -When I was a baby  -Girls, boys and family |
| **YR** | -All about me  -What makes me special?  -Me and my special people  -Who can help me?  -My feelings  -My feelings (2)  -What are rules? | -I’m special, you’re special  -Same and different  -Same and different families  -Same and different homes  -I am kind  -I am caring | -What’s safe to go in my body  -Keeping myself safe-what’s safe to go into my body  -Safe indoors and outdoors  -Listening to my feelings  -Keeping safe online  -People who help keep me safe | -Being helpful at home and caring for our classroom  -Looking after my special people  -Looking after my friends  -Caring for our world  -Looking after money  -Looking after money (2) | -Bouncing back when things go wrong  -Yes, I can!  -Healthy eating  -My healthy mid  -Move your body  -A good night’s sleep | -Seasons  -Life stages-Plants animals and humans  -Life stages-human life stage-who will I be?  -Where do babies come from?  -Getting bigger  -Me and my body-girls and boys  -Who are the police and how to do they help us? |
| **Y1** | -Why we have classroom rules  -[Thinking about feelings](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/thinking-about-feelings)  -[Our feelings](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/our-feelings)  -Feelings and Bodies  -Good friends  -[How are you listening?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/how-are-you-listening-1)  -Why are safe hands important? | -Same or Different?  -Unkind, tease or bully  -Harold’s school rules  -It’s not fair  -[Who are our special people?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/who-are-our-special-people)  -Our special people balloons | -[Super sleep](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/super-sleep-1)  -Who can help?  -[What could Harold do?](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/what-could-harold-do--1)  -Good or bad touches?  -Sharing pictures  -Harold loses Geoffrey | -Harold has a bad day  -Around and about school  -Taking care of something  -Harold’s money  -How should we look after our money  -Basic first aid  -What is bullying? | -I can eat a rainbow  -Eat well  -Harold’s wash up and brush up  -Catch it, Bin it, Kill it! -Harold learns to ride a bike  -Pass on the praise | -Healthy me  -Then and now  -Taking care of a baby  -Who can help2  -Secrets and surprises  **-PANTS lesson on NSPCC**  -How can I keep safe in new places? |
| **Y2** | -Our Ideal Classroom 1  -How are you feeling today?  -Don’t do that!  -Types of bullying  -Being a good friend  -Let’s all be happy | -What makes us who we are  -My special people  -How do we make others feel?  -When someone’s feeling left out  -An act of kindness  -Solve the problem | -Harold’s picnic  -How safe would you feel?  -What should Harold say?  -I don’t like that  -Fun or not?  -Should I tell?  **-PANTS lesson NSPCC**  - How do I share family worries? | -Getting on with others  -When I feel like erupting  -How can we look after our environment?  -[Harold saves for something speci](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/harold-saves-for-something-special)al  -Feeling safe  -Playing games | -You can’t do it!  -My day!  -Harold’s bathroom  -Harold’s postcard  -What does my body do?  -Basic first aid | -A helping hand  -Sam moves away  -Haven’t you grown!  -My body, your body!  -Respecting privacy  - Why have different rules in different places? |
| **Y3** | -As a rule  -Looking after our special people  -How can we solve this problem?  -Dan’s Dare  -Thunks  -Friends are special  - What do we mean by consent in friendships? | -Family and friends  -Respect and challenge  -Our friends and neighbours  -My community  -Let’s celebrated our differences  -Zeb | -Safe or unsafe  -Danger or risk?  -Alcohol and cigarettes: the facts  -The risk robot  -Super searcher  None of your business  -Help or harm | -Our helpful volunteers  -Recount task  -Harold’s environmental project  -Helping each other stay safe  -Can Harold afford it?  -Earning money | -Derek cooks dinner  -For or against?  -I am fantastic  -Poorly Harold  -Body team work  -Top talents | -Relationship tree  -Secret or surprise  -Body space  -Basic first aid  -What is the law and why do we have it?  -What do we mean by risk?  PSHE Week: First aid:  Emergencies and calling for help. |
| **Y4** | -An email from Harold  -Okay or not okay (1)  -Okay or not okay (2)  -Human machines  -Different feelings  -Under pressure  -What is peer pressure? | -Can you sort it?  -Islands  -Friend or acquaintance?  -What would I do?  -The people we share our world with  -That is such a stereo type!  -How can we be a responsible citizen? | -Danger, risk or hazard?  -Picture wise  -How dare you!  -Medicines; check the label  -Keeping ourselves safe  -Raisin challenge | -Who helps us stay safe and healthy?  -It’s your right!  -How do we make a difference?  -In the news!  -Safety in numbers  -Why pay taxes? | -What makes me ME!  -Making choices?  -SCARF Hotel  -Harold’s 7 Rs  -My school community  -Basic first aid | -Moving house  -My feelings are all over the place!  -All change!  -Preparing for changes at puberty  -Secret or surprise?  -Together  PSHE Week: First aid:  Bites and stings  Allergies |
| **Y5** | -Give and take  -How good a friend are you?  -Relationship recipe cake  -Being assertive  -Our emotional needs  -Communication  - What is the issue with addition? (Vaping/Smoking) | -Qualities of friendship  -Kind conversation  -The land of the Red People  -Happy being me  -Is it true?  -It could happen to anyone.  -Stop, start, stereotypes | -Spot bullying  -Ella’s diary dilemma  -Decision’s dilemma  -Play, like, share  -Drugs: true or false?  -Smoking  -Would you risk it?  -Vaping- healthy or unhealthy? | -What’s the story?  -Fact or opinion?  -Rights, respect, and duties  -Mo makes a difference  -Spending wisely  -Lend us a fiver!  -Local councils | -It all adds up!  -Different skills  -My school community  -Independence and responsibility  -Star qualities?  -Basic first aid  -How do we enforce the law? | -How are they feeling?  -Taking notice of our feelings  -Dear Ash  -Changing bodies and feelings  -Growing up and changing bodies  -Help! I’m a teenager, get me out of here  -The Effects of Crime (And effects of crime scenarios)  -Knife Crime (Ben Kingsley)  PSHE Week: First aid:  Bleeding  Burns and scalds |
| **Y6** | -Working together  -Solve the friendship problem  -Assertiveness skills  -Behave yourself  -Dan’s day  -Don’t force me  -Acting appropriately | -Ok to be different  -We have more in common than not  -Respecting differences  -Tolerance and respect for others  -Advertising friendships!  -Boys will be boys: challenging stereotypes  -What is Grooming? | -Think before you click!  -To share or not to share  -Rat Park!  -What sort of a drug is…?  -Drugs: It’s the law  -Alcohol: what is normal?  -After effects of grooming? | -Two sides to every story  -Fakebook friends  -What’s it worth?  -Action stations  -Happy shoppers  -Democracy in Britain Elections  -Democracy in Britain How (most laws are made) | -This will be your life!  -5 ways to well-being project  -Our recommendations  -What’s the risk?  -Basic first aid  -After effects of grooming  - What do we mean by consent in friendships? | -Helpful or unhelpful: managing change  -I look great!  -Media manipulation  -Pressure online  -Is this normal?  -Making babies  - Knife Crime – The Danny C Foundation  - How can we use our phones sensibly?  PSHE Week: First aid:  Basic life support  Head injuries |