**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 searcherNone 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?-TogetherPSHE Week: First aid: Bites and stingsAllergies |
| **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: BleedingBurns 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 supportHead injuries |