All Saints CofE First School

PSHE and Relationships & Health Education

SCARF Two-Year Rolling Programme (2026-2028)

This two-year rolling programme supports our mixed-age class structure while ensuring clear progression and full curriculum coverage. All children explore the same whole-school SCARF theme each half term at an age-appropriate level. In Year A, KS1 follows Year 1 SCARF learning and LKS2 follows Year 3 learning. In Year B, KS1 follows Year 2 learning and LKS2 follows Year 4 learning. Reception follows the Reception SCARF pathway each year, while Nursery explores the same themes through age-appropriate, play-based and provision-led learning.

Nursery to Year 4

YEAR A

KS1 = Year 1 SCARF Units

LKS2 = Year 3 SCARF Units

Half Term	Unit	Nursery Provision Focus	Reception Coverage	KS1 Coverage — Year 1 Lessons & Content	LKS2 Coverage — Year 3 Lessons & Content
Autumn 1	Me and My Relationships	Feelings, friendships, sharing, kindness, family relationships	All About Me, My Feelings, Special People	Why we have classroom rules, How are you listening?, Thinking about feelings, Our feelings, Feelings and bodies, Good friends → feelings, friendships, classroom behaviour, listening skills, recognising emotions	As a rule, Looking after our special people, How can we solve this problem?, Friends are special, Thunks, Dan's dare → friendships, teamwork, peer pressure, caring relationships, problem solving
Autumn 2	Valuing Difference	Similarities, differences, caring for others, families	Same and Different, I am Caring, Same and Different Families	Same or different?, Unkindness teasing or bullying?, Harold's school rules, It's not fair!, Who are our special people?, Our special people balloons → bullying, fairness,	Respect and challenge, Family and friends, My community, Our friends and neighbours, Let's celebrate our differences, Zeb → diversity,

Half Term	Unit	Nursery Provision Focus	Reception Coverage	KS1 Coverage — Year 1 Lessons & Content	LKS2 Coverage — Year 3 Lessons & Content
				inclusion, kindness, similarities and differences	stereotypes, celebrating difference, community respect
Spring 1	Keeping Myself Safe	Safe adults, body awareness, safe choices	Safe indoors and outdoors, Keeping Safe Online, Listening to my Feelings	**Super sleep, Who can help?, Good or bad touches?, Sharing pictures, What could Harold do?, Harold loses Geoffrey** → privacy, trusted adults, online safety, body safety	**Safe or unsafe?, Danger or risk?, The Risk Robot, Super Searcher, Help or harm?, Alcohol and cigarettes: the facts** → risk assessment, online safety, harmful substances, personal safety
Spring 2	Rights and Respect	Caring for environment, routines, helping others	Looking after Friends, Caring for our World, Looking after Money	**Harold has a bad day, Around and about the school, Taking care of something, Harold's money, How should we look after our money?, Basic first aid** → responsibility, caring for belongings, money, first aid	**Helping each other to stay safe, Recount task, Our helpful volunteers, Can Harold afford it?, Earning money, Harold's environment project** → communities, money management, volunteering, environmental responsibility
Summer 1	Being My Best	Healthy eating, hygiene, exercise, sleep	Healthy Eating, Move your Body, A Good Night's Sleep	**I can eat a rainbow, Eat well, Harold's wash and brush up, Catch it! Bin it! Kill it!, Harold learns to ride his bike, Pass on the praise!** → healthy eating, hygiene, resilience, perseverance	**Derek cooks dinner!, Poorly Harold, Body team work, For or against?, I am fantastic!, Top talents** → confidence, healthy lifestyles, teamwork, self-esteem
Summer 2	Growing and Changing	Growth, life cycles, change, body awareness	Life Stages, Getting Bigger, Me and My Body	**Healthy me, Then and now, Taking care of a baby, Who can help?, Surprises and secrets, Keeping privates private** → life cycles, growing up, privacy, trusted adults	**Relationship tree, Body space, None of your business!, Secret or surprise?, My changing body, Basic first aid** → body boundaries,

Half Term	Unit	Nursery Provision Focus	Reception Coverage	KS1 Coverage — Year 1 Lessons & Content	LKS2 Coverage — Year 3 Lessons & Content
					emotional change, personal safety, relationships

YEAR B

KS1 = Year 2 SCARF Units

LKS2 = Year 4 SCARF Units

Half Term	Unit	Nursery Provision Focus	Reception Coverage	KS1 Coverage — Year 2 Lessons & Content	LKS2 Coverage — Year 4 Lessons & Content
Autumn 1	Me and My Relationships	Feelings, friendships, sharing, kindness, family relationships	All About Me, My Feelings, Special People	Our ideal classroom, How are you feeling today?, Let's all be happy!, Being a good friend, Types of bullying, Don't do that! → friendships, emotions, bullying, cooperation, classroom relationships	Human machines, Ok or not ok? (1), Ok or not ok? (2), An email from Harold!, Different feelings, Under pressure → peer pressure, healthy relationships, emotions, online communication

Half Term	Unit	Nursery Provision Focus	Reception Coverage	KS1 Coverage — Year 2 Lessons & Content	LKS2 Coverage — Year 4 Lessons & Content
Autumn 2	Valuing Difference	Similarities, differences, caring for others, families	Same and Different, I am Caring, Same and Different Families	What makes us who we are?, My special people, How do we make others feel?, When someone is feeling left out, An act of kindness, Solve the problem → empathy, inclusion, respect, kindness	Can you sort it?, What would I do?, The people we share our world with, That is such a stereotype!, Friend or acquaintance?, Islands → stereotypes, diversity, respectful relationships, identity
Spring 1	Keeping Myself Safe	Safe adults, body awareness, safe choices	Safe indoors and outdoors, Keeping Safe Online, Listening to my Feelings	Harold's picnic, How safe would you feel?, What should Harold say?, I don't like that!, Fun or not?, Should I tell? → speaking out, personal safety, online safety, trusted adults	Danger, risk or hazard?, How dare you!, Keeping ourselves safe, Raisin challenge, Picture wise, Medicines: check the label → online images, medicines safety, risk assessment, peer influence
Spring 2	Rights and Respect	Caring for environment, routines, helping others	Looking after Friends, Caring for our World, Looking after Money	Getting on with others, When I feel like erupting, Feeling safe, Playing games, Harold saves for something special, How can we look after our environment? → emotional regulation, teamwork, money, environment	Who helps us stay healthy and safe?, It's your right, How do we make a difference?, In the news!, Safety in numbers, Why pay taxes? → rights, citizenship, democracy, community responsibility
Summer 1	Being My Best	Healthy eating, hygiene, exercise, sleep	Healthy Eating, Move your Body, A Good Night's Sleep	You can do it!, My day, Harold's postcard, Harold's bathroom, What does my body do?, My body needs..., Basic first aid → body health, resilience, self-care, routines	What makes me ME!, Making choices, SCARF hotel, Harold's Seven Rs, My school community, Basic first aid → resilience, aspirations, healthy choices, community contribution

Half Term	Unit	Nursery Provision Focus	Reception Coverage	KS1 Coverage — Year 2 Lessons & Content	LKS2 Coverage — Year 4 Lessons & Content
Summer 2	Growing and Changing	Growth, life cycles, change, body awareness	Life Stages, Getting Bigger, Me and My Body	A helping hand, Sam moves away, Haven't you grown!, My body, your body, Respecting privacy, Some secrets should never be kept → body privacy, change, trusted adults, growing up	Moving house, My feelings are all over the place!, All change!, Preparing for physical and emotional changes linked to growing up and puberty, Secret or surprise?, Together → puberty preparation, emotional wellbeing, managing change, relationships