



Appendix 1 Relationships and Health Education Lesson Plan Grid

SCARF units	Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Me and My Relationships (DfE category: Families and people who care for me, Respectful relationships, Caring friendships)	All about me what makes me special	Thinking about feelings Our feelings Feelings and bodies Our special people balloons Good friends	How are you feeling today? Being a good friend Let's all be happy	My special pet Looking after our special people Friends are special	Ok or not ok (1) Ok or not ok (2) When feelings change Under pressure	How good a friend are you? Relationship cake recipe	Solve the friendship problem Assertiveness Don't force me Acting appropriately
Valuing Difference (DfE category: Respectful relationships)	Same and different families Does every family have a mum or a dad?	Same or different? Who are our special people?	What makes us who we are? How do we make others feel? My special people	Family and friends Let's celebrate our differences Zeb	Islands Friend or Acquaintance That is such a stereotype	Qualities of friendship Happy being me Is it true?	Ok to be different We have more in common than not Advertising friendships! Boys will be boys? -challenging stereotypes
Keeping Myself Safe (DfE category: Being safe, Respectful relationships, Online relationships)	Keeping safe online	Who can help? (1) Harold loses Geoffrey Good or bad touches NSPCC PANTS	How safe would you feel? What should Harold say? I don't like that! Fun or not? Should I tell? Correct technical vocabulary used: Penis, vulva Some secrets should never be kept Appropriate touches NSPCC PANTS	None of your business! Raisin Challenge (1)	Keeping ourselves safe Raisin Challenge (2)	Decision dilemmas Play, Like, Share	Traffic lights To share or not share? Joe's story (part 2)
Rights and responsibilities (DfE category: Being safe)			Feeling safe		Who helps us keep healthy and safe?		Fakebook Friends
Being my best (DfE category: Being safe)				I am fantastic!	What makes me ME!	Independence and Responsibility Star qualities	What's the risk (2)



<p>Growing and changing (DfE categories: Respectful relationships, Online relationships, Being safe)</p>	<p>Where do babies come from? Correct technical vocabulary used: Seed Egg sperm Me and My body-mention of private parts penis testicles vulva vagina</p>	<p>Taking care of a baby Then and now Surprises and secrets Keeping privates private Going to the toilet Private parts Correct technical vocabulary used: Penis vulva</p>	<p>Haven't you grown! My body, your body Respecting privacy My Body Your Body Correct technical vocabulary used: Privates Penis Vulva Testicles nipples</p>	<p>Relationship Tree Body Space Secret or surprise? My changing body Correct technical vocabulary used: Egg sperm Puberty menstruation Ovaries Fallopian tube</p>	<p>My feelings are all over the place! All change! Correct technical vocabulary used: Vulva Vagina ovaries eggs womb breasts penis testicles sperm pubic hair Preparing for periods- key parts of menstrual cycle Secret or surprise Together LGBT awareness Appropriate touching</p>	<p>How are they feeling? Taking notice of our feelings Appropriate touch Growing up and changing Bodies Correct technical vocabulary used: Puberty periods Changing bodies and Feelings Vulva Help I'm a teenager, get me out of here! Stop, start stereotypes Biological Sex Gender identity and sexual orientation Gender expression</p>	<p>I look great! Media Manipulation Building self esteem body image Is this normal? Puberty Menstruation periods Dear Ash Making Babies -conception</p>
---	---	---	--	--	---	--	---