

What will my child learn in SCARF lessons?

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For each year group, there are six suggested themed units which provide a complete PSHE and wellbeing curriculum. They are:

Me and My Relationships

Explores feelings and emotions, develops skills to manage conflict, helps identify our special people and equips children to recognise the qualities of healthy friendships and how to manage them.

Valuing Difference

Includes a strong focus on British Values, supports children to develop respectful relationships with others, recognise bullying, both online and in real life, respecting the rights of others, and know their responsibilities as a upstander.

Keeping Myself Safe

Covers a number of safety aspects from statutory Relationships Education including being able to identify trusted adults in their lives, positive ways to interact online, what to do when faced with a dilemma and recognising appropriate and inappropriate touch.

Relationships &



Sex Education

Relationships Education in primary schools should teach the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other peers and adults.

At Coram SCARF we believe that children should learn about relationships as well as the emotional, social and physical aspects of growing up, human sexuality and sexual health in an age-appropriate way, the majority of which is covered in Health Education and National Curriculum Science. Therefore, we often refer to this subject as RSE: Relationships and Sex Education.

Our Relationships and Sex Education resources help children and young people to be safe, healthy and happy, both as they grow, and in their future lives. These lessons help to meet safeguarding, and emotional wellbeing requirements, as well as ensuring that schools cover the requirements of the DfE RSHE guidance.

Learning Journey Growing and Changing Key Stage 1

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Children will start to identify things they could do as a baby and toddler as well as things they can do now. They can identify the people who help or helped them at these different stages.

Year 1
Then and
now

Year 1
Taking care
of a baby

Children will understand some of the tasks required to look after a baby, and how to meet the basic needs of a baby, for example, eye contact, cuddling, washing, changing, and feeding.

Year 1
Keeping
privates
private

Children will be able to identify parts of the body that are private and ways in which they can be kept private. They can identify people that it's ok to talk to about their private parts.

Year 2
My Body, your
body

Children will recall which parts of their body are private. They will understand that genitals help make babies when we are older, and know that we mostly have the same body parts, but how they look is different from person to person.

Year 2
Haven't you
grown?

Children can identify different stages of growth (e.g. baby, toddler, child, teenager, adult) and describe some of the things that people are capable of at these different stages.

Learning Journey Growing and Changing Upper Key Stage 2

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Children apply their knowledge of the various puberty changes, including menstruation, and identify some products that they may need during puberty, and why.

Children will increase their vocabulary for the external sexual organs, as well as debunk some of the myths associated with various puberty changes.

Children learn the variety of ways in which a couple can create a family (including through sexual intercourse), and how it can be prevented. They learn the legal age of consent and what it means.

Year 5
Changing bodies and feelings

Year 6
Is this normal?

Year 6
Making babies

Year 5
Growing up and changing Bodies

Year 5
Help! I'm a teenager- get me out of here!

Children will apply their knowledge of the physical and emotional changes experienced during puberty and list strategies that would help someone who felt challenged by these changes.

Children recall that puberty is an emotional as well as a physical change, how and why mood swings occur and how to manage their strong feelings.