

Long Term Plan –PDL  
EYFS to Key Stage 1

SCARF - S-safety C-Caring A-Achievement R-Resilience F-Friendship

	Autumn	Spring	Summer
EYFS	<ul style="list-style-type: none"> <li>● All about me</li> <li>● I am caring</li> <li>● I am a friend</li> <li>● Looking after my friends</li> <li>● My feelings</li> <li>● Anti-bullying week (Book - Red Rockets and rainbow Jelly)</li> <li>● Being helpful at home and caring for our classroom</li> <li>● People who help keep us safe</li> </ul>	<ul style="list-style-type: none"> <li>● Seasons</li> <li>● Bouncing back when things go wrong</li> <li>● Yes I can!</li> <li>● Caring for our World</li> <li>● Same and different families</li> </ul>	<ul style="list-style-type: none"> <li>● Healthy Eating</li> <li>● Move your body</li> <li>● Life stages- plants, animals, humans</li> <li>● What's safe to go onto my body</li> <li>● I'm special, you're special</li> </ul>
Year 1	<ul style="list-style-type: none"> <li>● Catch it! Bin it! Kill It!</li> <li>● Harold's school Rules</li> <li>● Inside My wonderful Body</li> <li>● Keeping privates private</li> <li>● Feelings and Bodies</li> <li>● Why we have classroom rules</li> </ul>	<ul style="list-style-type: none"> <li>● Healthy me</li> <li>● Who can help (1)?</li> <li>● Then and Now</li> <li>● Surprises and Secrets</li> <li>● Pass on the Praise</li> <li>● Taking care of something</li> </ul>	<ul style="list-style-type: none"> <li>● Our feelings</li> <li>● I can eat a rainbow</li> <li>● Harold Loses Geoffrey</li> <li>● Harold learns to ride his bike</li> <li>● Who can help (2)</li> <li>● Thinking about feelings</li> <li>● Who are our special people?</li> <li>● It's not fair</li> <li>● Same or Different?</li> </ul>
Year 2	<ul style="list-style-type: none"> <li>● Class Rules</li> <li>● Growth mindset</li> <li>● Self confidence</li> <li>● Being a good friend</li> <li>● What makes us who we are.</li> <li>● How do we make others feel?</li> <li>● Should I tell you?</li> <li>● Types of bullying.</li> </ul>	<ul style="list-style-type: none"> <li>● Zones of regulation</li> <li>● What are they feeling?</li> <li>● You can do it</li> <li>● Solve the problem</li> <li>● How safe would you feel?</li> </ul>	<ul style="list-style-type: none"> <li>● Some secrets should never be kept</li> <li>● Respecting privacy</li> </ul>

Key Stage 2

	Autumn	Spring	Summer
Year 3	<ul style="list-style-type: none"> <li>● Special Friendship getting on and falling out</li> <li>● Celebrating Difference</li> <li>● Respecting adults in our lives</li> <li>● Friends and family</li> <li>● Personal space</li> <li>● What makes a good friend?</li> <li>● Developing language and feelings</li> <li>● Anger</li> <li>● Jealousy</li> <li>● Sadness</li> <li>● Joy</li> </ul>	<ul style="list-style-type: none"> <li>● Eating a balanced diet</li> <li>● Good hygiene</li> <li>● Taking drugs</li> <li>● Exercise</li> <li>● Helpful or Harmful</li> <li>● Keeping safe</li> <li>● Safe or unsafe</li> <li>● Helping each other to stay safe.</li> <li>● None of your business</li> <li>● Risk Robot</li> </ul>	<ul style="list-style-type: none"> <li>● No crocodiles allowed in the train station</li> <li>● Our friends and neighbours</li> <li>● for or against</li> <li>● Thunks</li> <li>● Fact or opinion</li> <li>● Living in the wider world - caring for the environment</li> <li>● Looking after our planet</li> <li>● school environment</li> <li>● changes (post transition day)</li> <li>● Our helpful volunteers</li> <li>● What makes a good friend</li> </ul>
Year 4	<ul style="list-style-type: none"> <li>● When feelings Change</li> <li>● Under Pressure</li> <li>● An e-mail from Harold</li> <li>● Ok or Not Ok</li> <li>● Islands</li> <li>● Human Machines</li> <li>● Can you sort it</li> <li>● Different feelings</li> <li>● What would I do?</li> <li>● The People we Share our world with</li> <li>● That is such a stereotype</li> </ul>	<ul style="list-style-type: none"> <li>● Danger, risk or hazard</li> <li>● Who helps us stay healthy and safe?</li> <li>● Know the norms</li> <li>● Medicines; check the label</li> <li>● Picture Wise</li> <li>● Keeping ourselves safe</li> <li>● Raisin Challenge</li> <li>● How Dare You</li> <li>● How do we make a difference?</li> <li>● In the News</li> <li>● Safety In Numbers</li> <li>● It's Your Right</li> <li>● Logo Quiz</li> <li>● Harold's expenses</li> <li>● Why pay taxes</li> </ul>	<ul style="list-style-type: none"> <li>● Making choices</li> <li>● SCARF Hotel</li> <li>● Moving House</li> <li>● My feelings Are All Over the place</li> <li>● All Change!</li> <li>● Period Positivity</li> <li>● Together</li> <li>● Secret Or Surprise</li> <li>● What Makes Me Me?</li> <li>● Basic First Aid</li> <li>● My School Community</li> <li>● Harold Seven R's</li> </ul>
Year 5	<ul style="list-style-type: none"> <li>● Independence and Responsibility</li> <li>● Being Assertive</li> <li>● Drugs; True or False</li> <li>● Spot Bullying</li> <li>● Star Qualities</li> <li>● Collaboration Challenge</li> <li>● How Good A Friend Are You?</li> <li>● Qualities of Friendship</li> </ul>	<ul style="list-style-type: none"> <li>● Smoking What Is Normal</li> <li>● Getting Fit</li> <li>● It All Adds Up</li> <li>● Local Councils</li> <li>● My School Community</li> </ul>	<ul style="list-style-type: none"> <li>● How Are You Feeling?</li> <li>● Growing Up And Changing Bodies</li> <li>● Dear Hetty</li> <li>● Changing Bodies And Feelings</li> <li>● Help, I'm a teenager-Get Me Out of Here!</li> <li>● Relationship cake Recipe</li> <li>● The Land Of Red People</li> </ul>

Year 5 and 6 Yoga	<ul style="list-style-type: none"> <li>● Introduction to yoga</li> <li>● Breathing fully and  Self- esteem</li> <li>● Anxiety- Support and tools</li> </ul>	<ul style="list-style-type: none"> <li>● Anger- Support and tools</li> <li>● Resilience-explore</li> </ul>	<ul style="list-style-type: none"> <li>● Gratitude and random acts of kindness</li> <li>● Relaxation and self-care</li> </ul>
Year 6	<ul style="list-style-type: none"> <li>● We Have In Common than not</li> <li>● Respecting Difference</li> <li>● Working Together</li> <li>● Solve the friendship Problem</li> <li>● Media Manipulation</li> <li>● Think before you click.</li> <li>● Two sides to every story</li> </ul>	<ul style="list-style-type: none"> <li>● What sort of Drug is..?</li> <li>● What' s the Risk?</li> <li>● Drug's It's The Law</li> <li>● Alcohol; What Is Normal?</li> <li>● I look great!</li> <li>● To share or not to share?</li> <li>● Pressure On Line</li> <li>● Let's Negotiate</li> <li>● Assertiveness Skills</li> </ul>	<ul style="list-style-type: none"> <li>● Making Babies (delivered by CORAM LifeEd Team)</li> <li>● Don't Force me</li> <li>● Acting Appropriately</li> <li>● What's it Worth?</li> <li>● Jobs and Taxes</li> <li>● Helpful or unhelpful? Managing Change</li> <li>● Boys will be boys? Challenging stereotypes</li> <li>● Advertising friendships</li> <li>● Fakebook Friend</li> <li>● Democracy In Britain</li> </ul>