



Ardleigh St. Mary's CEVC Primary School

PSHE Statutory Requirement Mapping Document

Class 1 - Reception



DfE Statutory Requirements		SCARF Lesson	Topic	Cycle A OR B	Term
Theme	Strand				
Relationships Education	1. That families are important for children growing up because they can give love, security and stability	All about me	Me and My Relationships	A + B	Autumn 1
		Me and my special people	Me and Relationships	A + B	Autumn 1
		Same and different families	Valuing Difference	A + B	Autumn 2
		Where do babies come from?	Growing and Changing	A + B	Summer 2
		Getting bigger	Growing and Changing	A + B	Summer 2
		Safe indoors and outdoors	Keeping Myself Safe	A + B	Spring 1
		Looking after my special people	Rights and Responsibilities	A + B	Spring 2
Families and people who care for me	2. The characteristics of healthy family, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives	Looking after my special people	Rights and Responsibilities	A + B	Spring 2
		People who help to keep me safe	Keeping Myself Safe	A + B	Spring 1
		Life stages: Human life stage - who will I be?	Growing and Changing	A + B	Summer 2
		Same and different families	Valuing Difference	A + B	Autumn 2
		Me and my special people	Me and My Relationships	A + B	Autumn 1
		Who can help me?	Me and My Relationships	A + B	Autumn 1
		My feelings	Me and My Relationships	A + B	Autumn 1



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DfE Statutory Requirements		SCARF Lesson	Topic	Cycle A OR B	Term
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Relationships Education	3. That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.	Me and my special people	Me and My Relationships	A + B	Autumn 1
		All about me	Me and My Relationships	A + B	Autumn 1
		Same and Different families	Valuing Difference	A + B	Autumn 2
		Life stages: Human life stage - who will I be?	Growing and Changing	A + B	Summer 2
		Getting bigger	Growing and Changing	A + B	Summer 2
		Where do babies come from?	Growing and Changing	A + B	Summer 2
		Looking after my special people	Rights and Responsibilities	A + B	Spring 2
Families and people who care for me	4. That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.	Looking after my special people	Me and My Relationships	A + B	Autumn 1
		Where do babies come from?	Growing and Changing	A + B	Summer 2
		Getting bigger	Growing and Changing	A + B	Summer 2
		Life stages: Human life stage - who will I be?	Growing and Changing	A + B	Summer 2
		Same and Different families	Valuing Difference	A + B	Autumn 2
		Who can help me?	Me and My Relationships	A + B	Autumn 1



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DfE Statutory Requirements		SCARF Lesson	Topic	Cycle A OR B	Term
Theme	Strand				
Relationships Education	5. That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong	Life stages: Human life stage - who will I be?	Growing and Changing	A + B	Summer 2
Families and people who care for me	6. How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.	People who keep me safe	Keeping Myself Safe	A + B	Spring 1
		Who can help me?	Me and My Relationships	A + B	Autumn 1
		My feelings	Me and My Relationships	A + B	Autumn 1
		My feelings (2)	Me and My Relationships	A + B	Autumn 1



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DfE Statutory Requirements		SCARF Lesson	Topic	Cycle A OR B	Term
Theme	Strand				
Relationships Education	1. How important friendships are in making us feel happy and secure, and how people choose and make friends.	Who can help me?	Me and My Relationships	A + B	Autumn 1
		All about me	Me and My Relationships	A + B	Autumn 1
		Me and my special people	Me and My Relationships	A + B	Autumn 1
		Same and different	Valuing Difference	A + B	Autumn 2
		Kind and caring (2)	Valuing Difference	A + B	Autumn 2
		Looking after my friends	Rights and Responsibilities	A + B	Spring 2
Caring Friendships	2. The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.	Looking after my friends	Rights and Responsibilities	A + B	Spring 2
		Yes, I can!	Being My Best	A + B	Summer 1
		Bouncing back when things go wrong	Being My Best	A + B	Summer 1
		Kind and caring (2)	Valuing Difference	A + B	Autumn 2
		Same and different	Valuing Difference	A + B	Autumn 2
		Kind and caring (1)	Valuing Difference	A + B	Autumn 2
		Who can help me?	Me and My Relationships	A + B	Autumn 1
		My feelings (2)	Me and My Relationships	A + B	Autumn 1



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DfE Statutory Requirements		SCARF Lesson	Topic	Cycle A OR B	Term	
Theme	Strand					
Relationships Education Caring Friendships	3. That healthy friendships and welcoming towards others, and do not make others feel lonely or excluded.	Looking after my friends	Rights and Responsibilities	A + B	Spring 2	
		Who can help me?	Me and My Relationships	A + B	Autumn 1	
		Kind and caring (1)	Valuing Difference	A + B	Autumn 2	
		Same and different	Valuing Difference	A + B	Autumn 2	
		Kind and caring (2)	Valuing Difference	A + B	Autumn 2	
		4. That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.	-	-	-	-
		5. How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.	Who can help me?	Me and My Relationships	A + B	Autumn 1
			My feelings (2)	Me and My Relationships	A + B	Autumn 1
	My feelings		Me and My Relationships	A + B	Autumn 1	



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Relationships Education	1. The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.	What makes me special	Me and My Relationships	A + B	Autumn 1
		I'm special, you're special	Valuing Difference	A + B	Autumn 2
		Me and my special people	Me and My Relationships	A + B	Autumn 1
		All about me	Me and My Relationships	A + B	Autumn 1
		Kind and caring (2)	Valuing Difference	A + B	Autumn 2
		Same and different	Valuing Difference	A + B	Autumn 2
		Same and different families	Valuing Difference	A + B	Autumn 2
		Same and different homes	Valuing Difference	A + B	Autumn 2
		Looking after my friends	Rights and Responsibilities	A + B	Spring 2
		Getting bigger	Growing and Changing	A + B	Summer 2
		Where do babies come from?	Growing and Changing	A + B	Summer 2
Respectful Relationships	2. Practical steps they can take in a range of different contexts to improve or support respectful relationships.	Bouncing back when things go wrong	Being My Best	A + B	Summer 1
		Being helpful at home and caring for the classroom	Rights and Responsibilities	A + B	Spring 2
		Kind and caring (1)	Valuing Difference	A + B	Autumn 2
		Kind and caring (2)	Valuing Difference	A + B	Autumn 2



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DfE Statutory Requirements		SCARF Lesson	Topic	Cycle A OR B	Term
Theme	Strand				
	3. The conventions of courtesy and manners.	Being helpful at home and caring for the classroom	Rights and Responsibilities	A + B	Spring 2
		Caring for our world	Rights and Responsibilities	A + B	Spring 2
		Kind and caring (2)	Valuing Difference	A + B	Autumn 2
		Kind and caring (1)	Valuing Difference	A + B	Autumn 2
		Same and different homes	Valuing Difference	A + B	Autumn 2
Relationships Education	4. The importance of self-respect and how this links to their own happiness.	Same and different	Valuing Difference	A + B	Autumn 2
Respectful Relationships		All about me	Me and My Relationships	A + B	Autumn 1
		I'm special, you're special	Valuing Difference	A + B	Autumn 2
		What makes me special?	Me and My Relationships	A + B	Autumn 1
	5. That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.	All about me	Me and My Relationships	A + B	Autumn 1
		Same and different	Valuing Difference	A + B	Autumn 2



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DfE Statutory Requirements		SCARF Lesson	Topic	Cycle A OR B	Term
Theme	Strand				
Relationships Education	6. About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help	-	-	-	-
Respectful Relationships	7. What a stereotype is, and stereotypes can be unfair, negative or destructive.	Me and my body - girls and boys	Growing and Changing	A + B	Summer 2
	8. The importance of permission-seeking and giving in relationships with friends, peers and adults.	Me and my body - girls and boys	Growing and Changing	A + B	Summer 2
		Looking after my friends	Rights and Responsibilities	A + B	Spring 2
		Listening to my feelings (1)	Keeping Myself Safe	A + B	Spring 1



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DfE Statutory Requirements		SCARF Lesson	Topic	Cycle A OR B	Term
Theme	Strand				
Relationships Education	1. That people sometimes behave differently online, including by pretending to be someone they are not.	-	-	-	-
Online Relationships	2. That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.	-	-	-	-
Online Relationships	3. The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.	Keeping safe online	Keeping Myself Safe	A + B	Spring 1
Online Relationships	4. How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.	-	-	-	-



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DfE Statutory Requirements		SCARF Lesson	Topic	Cycle A OR B	Term
Theme	Strand				
Relationships Education	5. How information and data is shared online and used online.	-	-	-	-
Online Relationships					



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DfE Statutory Requirements		SCARF Lesson	Topic	Cycle A OR B	Term
Theme	Strand				
Relationships Education	1. What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).	-	-	-	-
	2. About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.	Keeping safe online	Keeping Myself Safe	A + B	Spring 1
		Me and my body - girls and boys	Growing and Changing	A + B	Summer 2
	3. That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.	Me and my body - girls and boys	Growing and Changing	A + B	Summer 2
		Life stages: Human life stage - who will I be?	Growing and Changing	A + B	Summer 2
		Listening to my feelings (1)	Keeping Myself Safe	A + B	Spring 1
	4. How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.	People who help to keep me safe	Keeping Myself Safe	A + B	Spring 1



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DfE Statutory Requirements		SCARF Lesson	Topic	Cycle A OR B	Term
Theme	Strand				
Relationships Education	5. How to recognise and report feelings of being unsafe or feeling bad about any adult.	People who help to keep me safe	Keeping Myself Safe	A + B	Spring 1
		Keeping safe online	Keeping Myself Safe	A + B	Spring 1
		Safe indoors and outdoors	Keeping Myself Safe	A + B	Spring 1
		Listening to my feelings (1)	Keeping Myself Safe	A + B	Spring 1
		What's safe to go onto my body?	Keeping Myself Safe	A + B	Spring 1
		Who can help me?	Me and My Relationships	A + B	Autumn 1
Being Safe	6. How to ask for advice or help for themselves or others, and to keep trying until they are heard.	Looking after my friends	Rights and Responsibilities	A + B	Spring 2
		Keeping safe online	Keeping Myself Safe	A + B	Spring 1
		People who help to keep me safe	Keeping Myself Safe	A + B	Spring 1
		Listening to my feelings (1)	Keeping Myself Safe	A + B	Spring 1
		Same and different	Valuing Difference	A + B	Autumn 2



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DfE Statutory Requirements		SCARF Lesson	Topic	Cycle A OR B	Term
Theme	Strand				
Relationships Education	7. How to report concerns or abuse, and the vocabulary and confidence needed to do so.	Listening to my feelings (1)	Keeping Myself Safe	A + B	Spring 1
		Me and my body - girls and boys	Growing and Changing	A + B	Summer 2
Being Safe	8. Where to get advice e.g. family, school and/or other sources.	People who help to keep me safe	Keeping Myself Safe	A + B	Spring 1
		Who can help me?	Me and My Relationships	A + B	Autumn 1



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DfE Statutory Requirements		SCARF Lesson	Topic	Cycle A OR B	Term
Theme	Strand				
Physical Health and Mental Wellbeing (Health Education)	1. That mental wellbeing is a normal part of daily life, in the same way as physical health.	-	-	-	-
	2. That there is a normal range of emotions (eg happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.	My feelings (2)	Me and My Relationships	A + B	Autumn 1
		Bouncing back when things go wrong	Being My Best	A + B	Summer 1
		Yes, I can	Being My Best	A + B	Summer 1
	3. How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.	Yes, I can	Being My Best	A + B	Summer 1
		Bouncing back when things go wrong	Being My Best	A + B	Summer 1
		My feelings (2)	Me and My Relationships	A + B	Autumn 1
		My feelings	Me and My Relationships	A + B	Autumn 1
MENTAL WELLBEING	4. How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.	-	-	-	-



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DfE Statutory Requirements		SCARF Lesson	Topic	Cycle A OR B	Term
Theme	Strand				
Physical Health and Mental Wellbeing (Health Education)	5. The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.	-	-	-	-
	6. Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.	My feelings	Me and My Relationships	A + B	Autumn 1
		My feelings (2)	Me and My Relationships	A + B	Autumn 1
	7. Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.	My feelings (2)	Me and My Relationships	A + B	Autumn 1
		My feelings	Me and My Relationships	A + B	Autumn 1
	8. That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.	-	-	-	-



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DfE Statutory Requirements		SCARF Lesson	Topic	Cycle A OR B	Term
Theme	Strand				
Physical Health and Mental Wellbeing (Health Education)	9. Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).	My feelings	Me and My Relationships	A + B	Autumn 1
		My feelings (2)	Me and My Relationships	A + B	Autumn 1
		Who can help me?	Me and My Relationships	A + B	Autumn 1
MENTAL WELLBEING					



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DfE Statutory Requirements		SCARF Lesson	Topic	Cycle A OR B	Term
Theme	Strand				
Physical Health and Mental Wellbeing (Health Education) Internet Safety and Harms	1. That for most people the internet is an integral part of life and has many benefits	-	-	-	-
	2. About the risks of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing	-	-	-	-
	3. How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.	-	-	-	-
	4. Why social media, some computer games and online gaming, for example, are age restricted.	-	-	-	-



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DfE Statutory Requirements		SCARF Lesson	Topic	Cycle A OR B	Term
Theme	Strand				
Physical Health and Mental Wellbeing (Health Education)	1. The characteristics and mental and physical benefits of an active lifestyle.	-	-	-	-
	2. The importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.	Move your body	Being My Best	A + B	Summer 1
	3. The risks associated with an inactive lifestyle (including obesity).	-	-	-	-
	4. How and when to seek support including which adults to speak to in school if they are worried about their health.	Keeping myself safe - what's safe to go into my body (including medicines)	Keeping Myself Safe	A + B	Spring 1



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DfE Statutory Requirements		SCARF Lesson	Topic	Cycle A OR B	Term
Theme	Strand				
Physical Health and Mental Wellbeing (Health Education)	1. What constitutes a healthy diet (including understanding calories and other nutritional content).	Move your body	Being My Best	A + B	Summer 1
		Healthy eating (1)	Being My Best	A + B	Summer 1
		Healthy eating (2)	Being My Best	A + B	Summer 1
	2. The principles of planning and preparing a range of healthy meals.	Healthy eating (2)	Being My Best	A + B	Summer 1
		Healthy eating (1)	Being My Best	A + B	Summer 1
Healthy Eating	3. The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (eg the impact of alcohol on diet or health).	Getting bigger	Growing and Changing	A + B	Summer 2
		Keeping myself safe - what's safe to go into my body (including medicines)	Keeping Myself Safe	A + B	Spring 1



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DfE Statutory Requirements		SCARF Lesson	Topic	Cycle A OR B	Term
Theme	Strand				
Physical Health and Mental Wellbeing (Health Education)	1. The facts about legal and illegal harmful substances and associated risks, including smoking, alcoholism and drug-taking.	Keeping myself safe - what's safe to go into my body (including medicines)	Keeping Myself Safe	A + B	Spring 1
Drugs alcohol and tobacco					



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DfE Statutory Requirements		SCARF Lesson	Topic	Cycle A OR B	Term
Theme	Strand				
Physical Health and Mental Wellbeing (Health Education)	1. How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.	-	-	-	-
Physical Health and Mental Wellbeing (Health Education)	2. About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.	-	-	-	-
Health and Prevention	3. The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.	A good night's sleep	Being My Best	A + B	Summer 1
		Keeping myself safe - what's safe to go into my body (including medicines)	Keeping Myself Safe	A + B	Spring 1
		Getting bigger	Growing and Changing	A + B	Summer 2
		Move your body	Being My Best	A + B	Summer 1



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Theme	Strand				
Physical Health and Mental Wellbeing (Health Education)	4. About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.	A good night's sleep	Being My Best	A + B	Summer 1
		Move your body	Being My Best	A + B	Summer 1
		What's safe to go onto my body	Keeping Myself Safe	A + B	Spring 1
Health and Prevention	5. About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of hand washing.	A good night's sleep	Being My Best	A + B	Summer 1
		What's safe to go onto my body	Keeping Myself Safe	A + B	Spring 1
		Move your body	Being My Best	A + B	Summer 1
	6. The facts and science relating to allergies, immunisation and vaccination.	-	-	-	-



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DfE Statutory Requirements		SCARF Lesson	Topic	Cycle A OR B	Term
Theme	Strand				
Basic First Aid	1. How to make a clear and efficient call to emergency services if necessary.	-	-	-	-
	2. Concepts of basic first-aid, for example dealing with common injuries, including head injuries.	-	-	-	-



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DfE Statutory Requirements		SCARF Lesson	Topic	Cycle A OR B	Term
Theme	Strand				
Changing Adolescent Body	1. Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.	Getting bigger	Growing and Changing	A + B	Summer 2
		Where do babies come from	Growing and Changing	A + B	Summer 2
		Seasons	Growing and Changing	A + B	Summer 2
		Life stages - plants, animals, humans	Growing and Changing	A + B	Summer 2
		Life stages: Humans life stage - who will I be?	Growing and Changing	A + B	Summer 2
	2. About menstrual wellbeing including the key facts about the menstrual cycle.	-	-	-	-