



Ardleigh St. Mary's CEVC Primary School
PSHE Statutory Requirement Mapping Document
Class 4 - Year 5 - CYCLE A



DfE Statutory Requirements		SCARF Lesson	Topic	Term
Theme	Strand			
Relationships Education Families and people who care for us	1. That families are important for children growing up because they can give love, security and stability	-	-	-
	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	Help! I am a teenager - get me out of here!	Growing and Changing	Summer 2
Relationships Education Families and people who care for us	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.	The land of the red people	Valuing Difference	Autumn 2
	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.	Help! I am a teenager - get me out of here!	Growing and Changing	Summer 2



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DfE Statutory Requirements		SCARF Lesson	Topic	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	-	-	-
Families and people who care for us	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.	Growing up and changing bodies	Growing and Changing	Summer 2



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DfE Statutory Requirements		SCARF Lesson	Topic	Term
Theme	Strand			
Relationships Education	1. How important friendships are in making us feel happy and secure, and how people choose and make friends.	Qualities of friendship	Valuing Difference	Autumn 2
		It could happen to anyone	Valuing Difference	Autumn 2
		How good a friend are you?	Me and My Relationships	Autumn 1
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.	It could happen to anyone	Valuing Difference	Autumn 2
		Qualities of friendship	Valuing Difference	Autumn 2
		How good a friend are you?	Me and My Relationships	Autumn 1
		Give and take	Me and My Relationships	Autumn 1
		Being Assertive	Me and My Relationships	Autumn 1
		Relationship cake recipe	Me and My Relationships	Autumn 1



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DfE Statutory Requirements		SCARF Lesson	Topic	Term
Theme	Strand			
Relationships Education	3. That healthy friendships and welcoming towards others, and do not make others feel lonely or excluded.	Qualities of friendship	Valuing Difference	Autumn 2
		It could happen to anyone	Valuing Difference	Autumn 2
		The land of the Red People	Valuing Difference	Autumn 2
		Relationship cake recipe	Me and My Relationships	Autumn 1
		Being Assertive	Me and My Relationships	Autumn 1
		Give and take	Me and My Relationships	Autumn 1
		How good a friend are you?	Me and My Relationships	Autumn 1
Caring Friendships	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.	Qualities of friendship	Valuing Difference	Autumn 2
		How good a friend are you?	Me and My Relationships	Autumn 1
		Relationship cake recipe	Me and My Relationships	Autumn 1
Caring Friendships	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.	Qualities of friendship	Valuing Difference	Autumn 2
		It could happen to anyone	Valuing Difference	Autumn 2
		Relationship cake recipe	Me and My Relationships	Autumn 1
		Being Assertive	Me and My Relationships	Autumn 1
		Ella's diary	Keeping Myself Safe	Spring 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.	Qualities of friendship	Valuing Difference	Autumn 2
		Stop, start, stereotypes	Growing and Changing	Summer 2
		The land of the Red People	Valuing Difference	Autumn 2
		Help! I'm a teenager - get me out of here!	Growing and Changing	Summer 2
		Is it true?	Valuing Difference	Autumn 2
		Kind conversations	Valuing Difference	Autumn 2
		Spot bullying	Keeping Myself Safe	Spring 1
		Happy being me	Valuing Difference	Autumn 2
		Being Assertive	Me and my Relationships	Autumn 1
Respectful Relationships	2. Practical steps they can take in a range of different contexts to improve or support respectful relationships.	Qualities of friendship	Valuing Difference	Autumn 2
		Is it true?	Valuing Difference	Autumn 2
		Help! I'm a teenager - get me out of here!	Growing and Changing	Summer 2
		The land of the Red People	Valuing Difference	Autumn 2
		Happy being me	Valuing Difference	Autumn 2
		Kind conversations	Valuing Difference	Autumn 2
		Ella's diary	Keeping Myself Safe	Spring 1



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DfE Statutory Requirements		SCARF Lesson	Topic	Term	
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Relationships Education Respectful Relationships	3. The conventions of courtesy and manners.	Qualities of friendship	Valuing Difference	Autumn 2	
		Happy being me	Valuing Difference	Autumn 2	
		Relationship cake recipe	Me and My Relationships	Autumn 1	
		Help! I am a teenager - get me out of here!	Growing and Changing	Summer 2	
	4. The importance of self-respect and how this links to their own happiness.	Qualities of friendship	Valuing Difference	Autumn 2	
		Help! I am a teenager - get me out of here!	Growing and Changing	Summer 2	
		The land of the Red People	Valuing Difference	Autumn 2	
		Relationship cake recipe	Me and My Relationships	Autumn 1	
		Happy being me	Valuing Difference	Autumn 2	
		Ella's diary	Keeping Myself Safe	Spring 1	
		Kind conversations	Valuing Difference	Autumn 2	
Who can help? (2)		Growing and Changing	Summer 2		



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Relationships Education	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.	Qualities of friendship	Valuing Difference	Autumn 2
		Taking notice of our feelings	Growing and Changing	Summer 2
		Kind conversations	Valuing Difference	Autumn 2
		Ella's diary	Keeping Myself Safe	Spring 1
		Happy being me	Valuing Difference	Autumn 2
		Relationship cake recipe	Me and My Relationships	Autumn 1
		The land of the Red People	Valuing Difference	Autumn 2
Respectful Relationships	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			
		Is it true?	Valuing Difference	Autumn 2
		Stop, start, stereotypes	Growing and Changing	Summer 2
		Happy being me	Valuing Difference	Autumn 2



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DfE Statutory Requirements		SCARF Lesson	Topic	Term
Theme	Strand			
Relationships Education	7. What a stereotype is, and stereotypes can be unfair, negative or destructive.	Happy being me	Valuing Difference	Autumn 2
		Stop, start, stereotypes	Growing and Changing	Summer 2
		Is it true?	Valuing Difference	Autumn 2
Respectful Relationships	8. The importance of permission-seeking and giving in relationships with friends, peers and adults.	Growing up and changing bodies	Growing and Changing	Summer 2
		Ella's diary	Keeping Myself Safe	Spring 1
		Good or bad touches?	Keeping Myself Safe	Spring 1



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DfE Statutory Requirements		SCARF Lesson	Topic	Term
Theme	Strand			
Relationships Education	1. That people sometimes behave differently online, including by pretending to be someone they are not.	Stop bullying	Keeping Myself Safe	Spring 1
		Play, like, share	Keeping Myself Safe	Spring 1
	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.	Play, like, share	Keeping Myself Safe	Spring 1
		Communication	Me and My Relationships	Autumn 1
		Spot bullying	Keeping Myself Safe	Spring 1
		Is it true?	Valuing Difference	Autumn 2
		Play, like, share	Keeping Myself Safe	Spring 1
	Online Relationships	3. The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.	Is it true?	Valuing Difference
Spot bullying			Keeping Myself Safe	Spring 1
Communication			Me and My Relationships	Autumn 1
4. How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.	Fact or opinion?	Rights and Responsibilities	Spring 2	
	Is it true?	Valuing Difference	Autumn 2	
	Play, like, share	Keeping Myself Safe	Spring 1	



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DfE Statutory Requirements		SCARF Lesson	Topic	Term
Theme	Strand			
Relationships Education	5. How information and data is shared online and used online.	Is it true?	Valuing Difference	Autumn 2
		Play, like, share	Keeping Myself Safe	Spring 1
		Spot bullying	Keeping Myself Safe	Spring 1
Online Relationships				

DfE Statutory Requirements		SCARF Lesson	Topic	Term
Theme	Strand			
Relationships Education	1. What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).	Taking notice of our feelings	Growing and Changing	Summer 2
		Is it true?	Keeping Myself Safe	Spring 1
		Ella's diary	Keeping Myself Safe	Spring 1
		Play, like, share	Keeping Myself Safe	Spring 1
		Would you risk it?	Keeping Myself Safe	Spring 1
Being Safe	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.	Growing up and changing bodies	Growing and Changing	Summer 2
		Ella's diary	Keeping Myself Safe	Spring 1
		Dear Ash	Growing and Changing	Summer 2
Being Safe	3. That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.	Growing up and changing bodies	Growing and Changing	Summer 2
		Taking notice of our feelings	Growing and Changing	Summer 2



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DfE Statutory Requirements		SCARF Lesson	Topic	Term
Theme	Strand			
Relationships Education Being Safe	4. How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.	Taking notice of our feelings	Growing and Changing	Summer 2
		Dear Ash	Growing and Changing	Summer 2
		Play, like, share	Keeping Myself Safe	Spring 1
	5. How to recognise and report feelings of being unsafe or feeling bad about any adult.	Taking notice of our feelings	Growing and Changing	Summer 2
		Dear Ash	Growing and Changing	Summer 2
6. How to ask for advice or help for themselves or others, and to keep trying until they are heard.	Dear Ash	Growing and Changing	Spring 1	
Relationships Education Being Safe	7. How to report concerns or abuse, and the vocabulary and confidence needed to do so.	Taking notice of our feelings	Growing and Changing	Summer 2
		Dear Ash	Growing and Changing	Summer 2
	8. Where to get advice e.g. family, school and/or other sources.	Taking notice of our feelings	Growing and Changing	Summer 2
Dear Ash		Growing and Changing	Summer 2	



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DfE Statutory Requirements		SCARF Lesson	Topic	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.	How good a friend are you?	Me and My Relationships	Autumn 1
	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.	How are they feeling?	Growing and Changing	Summer 2
		How good a friend are you?	Me and My Relationships	Autumn 1
		Our emotional needs	Me and My Relationships	Autumn 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.	How are they feeling?	Growing and Changing	Summer 2
		Our emotional needs	Me and My Relationships	Autumn 1
		How good a friend are you?	Me and My Relationships	Autumn 1
4. How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.	How are they feeling?	Growing and Changing	Summer 2	
	Our emotional needs	Me and My Relationships	Autumn 1	

MENTAL WELLBEING



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DfE Statutory Requirements		SCARF Lesson	Topic	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.	Mo makes a difference	Rights and Responsibilities	Spring 2
MENTAL WELLBEING	6. Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.	-	-	-
MENTAL WELLBEING	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.	-	-	-
	8. That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.	Spot bullying	Keeping Myself Safe	Spring 1
Communication		Me and My Relationships	Autumn 1	



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DfE Statutory Requirements		SCARF Lesson	Topic	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).	Our emotional needs	Me and My Relationships	Autumn 1
MENTAL WELLBEING				



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DfE Statutory Requirements		SCARF Lesson	Topic	Term
Theme	Strand			
Physical Health and Mental Wellbeing (Health Education)	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	Is it true?	Valuing Difference	Autumn 2
	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.	Is it true?	Valuing Difference	Autumn 2
		Play, like, share	Keeping Myself Safe	Spring 1
	4. Why social media, some computer games and online gaming, for example, are age restricted.	Spot bullying	Keeping Myself Safe	Spring 1



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Theme	Strand				
Physical Health and Mental Wellbeing (Health Education)	5. That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.	Is it true?	Valuing Difference	Autumn 2	
		Play, like, share	Keeping Myself Safe	Spring 1	
	6. How to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.	Fact or opinion?	Rights and Responsibilities	Spring 2	
		Is it true?	Valuing Difference	Autumn 2	
		What's the story?	Rights and Responsibilities	Spring 2	
		Smoking: what is normal?	Keeping Myself Safe	Spring 1	
	Internet Safety and Harms	7. Where and how to report concerns and get support with issues online.	Play, like, share	Keeping Myself Safe	Spring 1



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DfE Statutory Requirements		SCARF Lesson	Topic	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.	What's the story?	Rights and Responsibilities	Spring 2
	3. The risks associated with an inactive lifestyle (including obesity).	What's the story?	Rights and Responsibilities	Spring 2
	4. How and when to seek support including which adults to speak to in school if they are worried about their health.	-	-	-



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DfE Statutory Requirements		SCARF Lesson	Topic	Term
Theme	Strand			
Physical Health and Mental Wellbeing (Health Education)	1. What constitutes a healthy diet (including understanding calories and other nutritional content).	What's the story?	Rights and Responsibilities	Spring 2
		Eat well	Being My Best	Summer 1
	2. The principles of planning and preparing a range of healthy meals.	-	-	-
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).	-	-	-



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DfE Statutory Requirements		SCARF Lesson	Topic	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.	Thinking' about habits	Keeping Myself Safe	Spring 1
		Smoking: what is normal?	Keeping Myself Safe	Spring 1
		Drugs: true or false?	Keeping Myself Safe	Spring 1
		Getting fit	Being My Best	Summer 1
Drugs alcohol and tobacco				



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DfE Statutory Requirements		SCARF Lesson	Topic	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.	-	-	-
Health and Prevention	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.	-	-	-
Health and Prevention	4. About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.	-	-	-



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DfE Statutory Requirements		SCARF Lesson	Topic	Term
Theme	Strand			
Physical Health and Mental Wellbeing (Health Education)	5. About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of hand washing.	-	-	-
	6. The facts and science relating to allergies, immunisation and vaccination.	-	-	-
Health and Prevention				



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



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DfE Statutory Requirements		SCARF Lesson	Topic	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.	Growing up and changing bodies	Growing and Changing	Summer 2
		Help! I am a teenager - get me out of here!	Growing and Changing	Summer 2
		Changing bodies and feelings	Growing and Changing	Summer 2
	2. About menstrual wellbeing including the key facts about the menstrual cycle.	Growing up and changing bodies	Growing and Changing	Summer 2



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