

PSHE Curriculum 2026–27

Reception to Year 6 · Curriculum intent

Our intent

Personal development at Canary Wharf Primary East Ferry supports children to grow emotionally, socially, morally and spiritually. Our PSHE curriculum, taught through Coram SCARF and adapted for our children, gives every pupil the knowledge, language and confidence to keep themselves and others safe, build healthy relationships, look after their physical and mental health, and value difference. We aim to nurture respectful, resilient individuals who will develop into responsible citizens, ready to contribute positively to Britain and the wider world.

By the end of Year 6, our pupils:

- recognise risk online and offline, and know how and when to get help – and to keep telling until they are heard
- understand what makes relationships healthy, and how the law protects them
- look after their physical and mental health, and manage change, including puberty
- respect difference, challenge prejudice safely and think critically about what they see online
- leave ready for secondary school and life in modern Britain

Ambitious

Every statement in the DfE statutory guidance for Relationships Education and Health Education (July 2025, statutory from September 2026) is taught and mapped to named lessons. Our aim is for every child to be secure in every unit – above all in keeping themselves safe. Lessons are adapted so that every pupil, including those with SEND or EAL, can take part and succeed.

Sequenced

Every year group studies the same six SCARF units, so knowledge, vocabulary and skills are revisited and deepened each year. Each lesson recaps prior learning and ends with an exit ticket linked to its outcomes. End-of-unit “I can” statements set out what pupils should know and do, and any keeping-safe gaps are retaught within two weeks.

Contextualised

Lessons use places our children know: the Isle of Dogs, the docks, the Thames and the DLR, and water safety is taught in Years 2 to 4. Teaching reflects the cultures, faiths and families of East Ferry, follows the safeguarding themes in KCSIE 2026, and responds to what pupils tell us through the Ask My Teacher box and pupil voice.

One whole-school journey: the same six units every year, at an age-appropriate level

AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Me & My Relationships develops communication, empathy and healthy friendships.	Keeping Safe promotes awareness of risks and practical safety skills.	Rights & Respect explores fairness, responsibility and individual rights.	Valuing Difference celebrates diversity and inclusion.	Being My Best encourages self-care, resilience and goal-setting.	Growing & Changing prepares children for physical and emotional growth, including transition.

PSHE Long Term Overview

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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Me & My Relationships - All About Me - What makes me special? - Me and My Special People - Who can help me? - My feelings - My feelings (2) - Looking back: Me & My Relationships	Keeping Safe - What's safe to go onto my body? - What's safe to go into my body (including medicines)? - Safe indoors and outdoors - Listening to my feelings - Keeping safe online - People who help to keep me safe - Looking back: Keeping Safe	Rights & Respect - Looking after my special people - Looking after my friends - Being helpful at home and caring for our classroom - Caring for Our World - Looking after money (1) - Looking after money (2)	Valuing Difference - I'm special, you're special - Same and different - Same and different families - I am caring - I am a friend	Being My Best - Bouncing back when things go wrong - Yes, I can! - Healthy eating - My healthy mind - Move your body - A good night's sleep - Looking back: Being My Best	Growing & Changing - Seasons - Life stages - Life stages: Human life stage - Where do babies come from? - Getting bigger - Me and my body
Year 1	Me & My Relationships - Why we have classroom rules - How are you listening? - Thinking about feelings - Our feelings - Feelings and bodies - Good friends - Looking back: Me & My Relationships	Keeping Safe - Super sleep - Who can help? (1) - Good or bad touches? - Sharing pictures - What could Harold do? - Harold loses Geoffrey - Looking back: Keeping Safe	Rights & Respect - Harold has a bad day - Around and about the school - Taking care of something - Harold's money - How should we look after our money? - Basic first aid	Valuing Difference - Same or different? - Unkindness, teasing or bullying? - Harold's school rules - It's not fair! - Who are our special people?	Being My Best - I can eat a rainbow - Eat well - Harold's wash & brush up - Catch it! Bin it! Kill it! - Harold learns to ride his bike - Pass on the praise! - Inside my wonderful body!	Growing & Changing - Healthy me - Then and now - Taking care of a baby - Who can help? (2) - Surprises and "don't tell" - Keeping privates private
Year 2	Me & My Relationships - Our ideal classroom - Our ideal classroom (2) - How are you feeling today? - Let's all be happy! - Being a good friend - Types of bullying - Don't do that!	Keeping Safe - Harold's picnic - How safe would you feel? - What should Harold say? - I don't like that! - Fun or not? - Should I tell? - Bullying or teasing?	Rights & Respect - Getting on with others - When I feel like erupting - Feeling safe - How can we look after our environment? - Playing games - Harold saves for something special	Valuing Difference - What makes us who we are? - How do we make others feel? - When someone is feeling left out - An act of kindness - Solve the problem	Being My Best - You can do it! - My day - Harold's postcard - Harold's bathroom - What does my body do? - Basic first aid - My body needs...	Growing & Changing - A helping hand - Sam moves away - Haven't you grown! - My body, your body - Respecting privacy - Some things we must always tell
Year 3	Me & My Relationships - As a rule - Looking after our special people - How can we solve this problem? - Friends are special - Thunks - Dan's dare - Tangram team challenge	Keeping Safe - Safe or unsafe? - Danger or risk? - The Risk Robot - Super Searcher - Help or harm? - Alcohol and cigarettes: the facts - Raisin challenge (1)	Rights & Respect - Helping each other to stay safe - Recount task - Our helpful volunteers - Can Harold afford it? - Earning money - Harold's environment project	Valuing Difference - Respect and challenge - Family and friends - Our friends and neighbours - Let's celebrate our differences - Zeb	Being My Best - Derek cooks dinner! (healthy eating) - Poorly Harold - Body team work - For or against? - I am fantastic! - Top talents - Getting on with your nerves!	Growing & Changing - Relationship tree - Body space - None of your business! - Secret or surprise? - Basic first aid - My special pet
Year 4	Me & My Relationships - Human machines - OK or not OK? (Part 1) - OK or not OK? (Part 2) - An email from Harold! - Different feelings - Under pressure - When feelings change	Keeping Safe - Danger, risk or hazard? - How dare you! - Keeping ourselves safe - Raisin challenge (2) - Picture Wise - Medicines: check the label - Know the norms	Rights & Respect - Who helps us stay healthy and safe? - It's your right - How do we make a difference? - In the news! - Why pay taxes? - Safety in numbers	Valuing Difference - What would I do? - The people we share our world with - That is such a stereotype! - Friend or acquaintance? - Islands	Being My Best - What makes me ME! - Making choices - SCARF Hotel - Harold's Seven Rs - My school community (1) - Basic first aid - Looking back: Being My Best	Growing & Changing - Volunteering is cool - Moving house - My feelings are all over the place! - All change! - Secret or surprise? - Together

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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	Me & My Relationships • Collaboration challenge! • Give and take • How good a friend are you? • Relationship cake recipe • Our emotional needs • Being assertive • It could happen to anyone	Keeping Safe • Spot bullying • Play, like, share 1 • Play, like, share 2 • Decision dilemmas • Vaping: healthy or unhealthy? • Would you risk it? • Drugs: true or false?	Rights & Respect • What's the story? • Fact or opinion? • Mo makes a difference • Rights, respect and duties • Spending wisely • Lend us a fiver!	Valuing Difference • Kind conversations • Happy being me • The Land of the Red People • Is it true? • Stop, start, stereotypes	Being My Best • It all adds up! • Different skills • My school community (2) • Independence and responsibility • Star qualities? • Basic first aid, including sepsis awareness • Thinking about habits	Growing & Changing • How are they feeling? • Taking notice of our feelings • Dear Ash • Growing up and changing bodies • Changing bodies and feelings • Help! I'm a teenager
Year 6	Me & My Relationships • Working together • Let's negotiate • Solve the friendship problem • Behave yourself • Assertiveness skills • Don't force me • Acting appropriately	Keeping Safe • Think before you click! • To share or not to share? • Pressure online • Rat Park • What sort of drug is...? • Drugs: it's the law! • Alcohol: what is normal?	Rights & Respect • Two sides to every story • Fakebook friends • What's it worth? • Happy shoppers • Democracy in Britain 1 • Democracy in Britain 2	Valuing Difference • OK to be different • We have more in common than not • Respecting differences • Tolerance and respect for others • Boys will be boys?	Being My Best • This will be your life! • Our recommendations • What's the risk? (1) • What's the risk? (2) • Basic first aid, including sepsis awareness • Five Ways to Wellbeing project	Growing & Changing • I look great! • Media manipulation • Helpful or unhelpful? Managing change • Is this normal? • Making babies* • What is HIV?*

* How a baby is conceived and HIV form part of the school's non-statutory primary sex education provision (Year 6 lessons *Making babies* and *What is HIV?*). Please see our Relationships and Sex Education (RSE) Policy for further information, including parental rights of withdrawal.

Document control: September 2026 · New curriculum for 2026–27: SCARF lessons adapted for East Ferry, updated for KCSIE 2026 and the DfE RSHE guidance in force from September 2026; end-of-unit tracker introduced · Owner: Rebecca Preston, Vice Principal and Personal Development Lead · Approved by trustees · Next review: February 2027