

SCARF Learning Outcomes

SCARF provides a comprehensive spiral curriculum for PSHE education, including mental health and wellbeing.

Using SCARF across all age groups will ensure progression in knowledge, attitudes and values, and skills – including the key skills of social and emotional learning, known to improve outcomes for children.

This page lists the specific learning outcomes of each SCARF lesson for Years 1 to 6 – P2 to 7 in Scotland.

Remember – SCARF is also mapped to the new [DfE guidance for Relationships Education and Health Education](#), [The PSHE Association's Programmes of Study Learning Opportunities](#), the [National Curriculum](#), [Curriculum for Excellence](#) and Ofsted's requirements.

Y1

Learning Outcomes	SCARF lesson plans
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Me and My Relationships	
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Children will be able to:	Why we have classroom rules
<ul style="list-style-type: none">• Understand that classroom rules help everyone to learn and be safe;• Explain their classroom rules and be able to contribute to making these.	
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Children will be able to:	How are you listening?
<ul style="list-style-type: none">• Demonstrate attentive listening skills;• Suggest simple strategies for resolving conflict situations;• Give and receive positive feedback, and experience how this makes them feel.	
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Learning Outcomes**SCARF lesson plans**

Children will be able to:

Thinking about feelings

- Recognise how others might be feeling by reading body language/facial expressions;
 - Understand and explain how our emotions can give a physical reaction in our body (e.g. butterflies in the tummy etc.)
-

Children will be able to:

Our feelings

- Identify a range of feelings;
 - Identify how feelings might make us behave;
 - Suggest strategies for someone experiencing 'not so good' feelings to manage these.
-

Children will be able to:

Feelings and bodies

- Recognise that people's bodies and feelings can be hurt;
 - Suggest ways of dealing with different kinds of hurt.
-

Children will be able to:

Good friends

- Identify simple qualities of friendship;
 - Suggest simple strategies for making up.
-

Valuing Difference

Learning Outcomes**SCARF lesson plans**

Children will be able to:

Same or different?

- Identify the differences and similarities between people;
 - Empathise with those who are different from them;
 - Begin to appreciate the positive aspects of these differences.
-

Children will be able to:

Unkind, tease or bully?

- Explain the difference between unkindness, teasing and bullying;
 - Understand that bullying is usually quite rare.
-

Children will be able to:

Harold's school rules

- Explain some of their school rules and how those rules help to keep everybody safe.
-

Children will be able to:

It's not fair!

- Recognise and explain what is fair and unfair, kind and unkind;
 - Suggest ways they can show kindness to others.
-

Children will be able to:

Who are our special people?

- Identify some of the people who are special to them;
 - Recognise and name some of the qualities that make a person special to them.
-

Learning Outcomes

SCARF lesson plans

Children will be able to:

Our special people balloons

- Recognise that they belong to various groups and communities such as their family;
- Explain how these people help us and we can also help them to help us.

Keeping Safe

Children will be able to:

Super sleep

- Recognise the importance of sleep in maintaining a healthy, balanced lifestyle;
- Identify simple bedtime routines that promote healthy sleep.

Children will be able to:

Who can help? (1)

- Recognise emotions and physical feelings associated with feeling unsafe;
- Identify people who can help them when they feel unsafe.

Children will be able to:

Good or bad touches?

- Understand and learn the PANTS rules;
 - Name and know which parts should be private;
 - Explain the difference between appropriate and inappropriate touch;
 - Understand that they have the right to say “no” to unwanted touch;
 - Start thinking about who they trust and who they can ask for help.
-

Learning Outcomes**SCARF lesson plans**

Children will be able to:

What could Harold do?

- Understand that medicines can sometimes make people feel better when they're ill;
 - Explain simple issues of safety and responsibility about medicines and their use.
-

Children will be able to:

Harold loses Geoffrey

- Recognise the range of feelings that are associated with loss.
-

Rights and Respect

Children will be able to:

Harold has a bad day

- Recognise how a person's behaviour (including their own) can affect other people.
-

Children will be able to:

Around and about the school

- Identify what they like about the school environment;
 - Recognise who cares for and looks after the school environment.
-

Children will be able to:

Harold's wash and brush up

- Recognise the importance of regular hygiene routines;
 - Sequence personal hygiene routines into a logical order.
-

Learning Outcomes**SCARF lesson plans**

Children will be able to:

Taking care of something

- Demonstrate responsibility in looking after something (e.g. a class pet or plant);
 - Explain the importance of looking after things that belong to themselves or to others.
-

Children will be able to:

Harold's money

- Explain where people get money from;
 - List some of the things that money may be spent on in a family home.
-

Children will be able to:

How should we look after our money?

- Recognise that different notes and coins have different monetary value;
 - Explain the importance of keeping money safe;
 - Identify safe places to keep money;
 - Understand the concept of 'saving money' (i.e. by keeping it in a safe placed and adding to it).
-

Being My Best

Children will be able to:

I can eat a rainbow

- Recognise the importance of fruit and vegetables in their daily diet;
 - Know that eating at least five portions of vegetables and fruit a day helps to maintain health.
-

Learning Outcomes**SCARF lesson plans**

Children will be able to:

Eat well

- Recognise that they may have different tastes in food to others;
 - Select foods from the **Eatwell Guide** (formerly Eatwell Plate) in order to make a healthy lunch;
 - Recognise which foods we need to eat more of and which we need to eat less of to be healthy.
-

Children will be able to:

Catch it! Bin it! Kill it!

- Understand how diseases can spread;
 - Recognise and use simple strategies for preventing the spread of diseases.
-

Children will be able to:

Harold learns to ride his bike

- Recognise that learning a new skill requires practice and the opportunity to fail, safely;
 - Understand the learning line's use as a simple tool to describe the learning process, including overcoming challenges.
-

Children will be able to:

Pass on the praise!

- Demonstrate attentive listening skills;
 - Suggest simple strategies for resolving conflict situations;
 - Give and receive positive feedback, and experience how this makes them feel.
-

Learning Outcomes**SCARF lesson plans**

Children will be able to:

Inside my wonderful body! (OPTIONAL)

- Name major internal body parts (heart, lungs, blood, stomach, intestines, brain);
 - Understand and explain the simple bodily processes associated with them.
-

Growing and Changing

Children will be able to:

Healthy me

- Understand that the body gets energy from food, water and air (oxygen);
 - Recognise that exercise and sleep are important parts of a healthy lifestyle.
-

Children will be able to:

Then and now

- Identify things they could do as a baby, a toddler and can do now;
 - Identify the people who help/helped them at those different stages.
-

Children will be able to:

Taking care of a baby

- Understand some of the tasks required to look after a baby;
 - Explain how to meet the basic needs of a baby, for example, eye contact, cuddling, washing, changing, feeding.
-

Children will be able to:

Who can help? (2)

- Explain the difference between teasing and bullying;
 - Give examples of what they can do if they experience or witness bullying;
 - Say who they could get help from in a bullying situation.
-

Learning Outcomes**SCARF lesson plans**

Children will be able to:

Surprises and secrets

- Explain the difference between a secret and a nice surprise;
- Identify situations as being secrets or surprises;
- Identify who they can talk to if they feel uncomfortable about any secret they are told, or told to keep.

Children will be able to:

Keeping privates private

- Identify parts of the body that are private;
- Describe ways in which private parts can be kept private;
- Identify people they can talk to about their private parts.

Y2

Learning Outcomes**SCARF lesson plans**

Me and My Relationships

Children will be able to:

Our ideal classroom (1)

- Suggest actions that will contribute positively to the life of the classroom;
- Make and undertake pledges based on those actions.

Children will be able to:

Our ideal classroom (2) (OPTIONAL)

- Take part in creating and agreeing classroom rules.

Learning Outcomes**SCARF lesson plans**

Children will be able to:

How are you feeling today?

- Use a range of words to describe feelings;
 - Recognise that people have different ways of expressing their feelings;
 - Identify helpful ways of responding to other's feelings.
-

Children will be able to:

Let's all be happy!

- Recognise, name and understand how to deal with feelings (e.g. anger, loneliness);
 - Explain where someone could get help if they were being upset by someone else's behaviour.
-

Children will be able to:

Being a good friend

- Recognise that friendship is a special kind of relationship;
 - Identify some of the ways that good friends care for each other.
-

Children will be able to:

Types of bullying

- Explain the difference between bullying and isolated unkind behaviour;
 - Recognise that there are different types of bullying and unkind behaviour;
 - Understand that bullying and unkind behaviour are both unacceptable ways of behaving.
-

Learning Outcomes**SCARF lesson plans**

Children will be able to:

Don't do that!

- Understand and describe strategies for dealing with bullying;
 - Rehearse and demonstrate some of these strategies.
-

Children will be able to:

Bullying or teasing? (OPTIONAL)

- Define what is meant by the terms 'bullying' and 'teasing' showing an understanding of the difference between the two;
 - Identify situations as to whether they are incidents of teasing or bullying.
-

Valuing Difference

Children will be able to:

What makes us who we are?

- Identify some of the physical and non-physical differences and similarities between people;
 - Know and use words and phrases that show respect for other people.
-

Children will be able to:

My special people

- Identify people who are special to them;
 - Explain some of the ways those people are special to them.
-

Children will be able to:

How do we make others feel?

- Recognise and explain how a person's behaviour can affect other people.
-

Learning Outcomes**SCARF lesson plans**

Children will be able to:

When someone is feeling left out

- Explain how it feels to be part of a group;
 - Explain how it feels to be left out from a group;
 - Identify groups they are part of;
 - Suggest and use strategies for helping someone who is feeling left out.
-

Children will be able to:

An act of kindness

- Recognise and describe acts of kindness and unkindness;
 - Explain how these impact on other people's feelings;
 - Suggest kind words and actions they can show to others;
 - Show acts of kindness to others in school.
-

Children will be able to:

Solve the problem

- Demonstrate active listening techniques (making eye contact, nodding head, making positive noises, not being distracted);
 - Suggest strategies for dealing with a range of common situations requiring negotiation skills to help foster and maintain positive relationships.
-

Keeping Safe

Learning Outcomes**SCARF lesson plans**

Children will be able to:

Harold's picnic

- Understand that medicines can sometimes make people feel better when they're ill;
 - Give examples of some of the things that a person can do to feel better without use of medicines, if they are unwell;
 - Explain simple issues of safety and responsibility about medicines and their use.
-

Children will be able to:

How safe would you feel?

- Identify situations in which they would feel safe or unsafe;
 - Suggest actions for dealing with unsafe situations including who they could ask for help.
-

Children will be able to:

What should Harold say?

- Identify situations in which they would need to say 'Yes', 'No', 'I'll ask', or 'I'll tell', in relation to keeping themselves and others safe.
-

Children will be able to:

I don't like that!

- Recognise that body language and facial expression can give clues as to how comfortable and safe someone feels in a situation;
 - Identify the types of touch they like and do not like;
 - Identify who they can talk to if someone touches them in a way that makes them feel uncomfortable.
-

Learning Outcomes**SCARF lesson plans**

Children will be able to:

Fun or not?

- Recognise that some touches are not fun and can hurt or be upsetting;
 - Know that they can ask someone to stop touching them;
 - Identify who they can talk to if someone touches them in a way that makes them feel uncomfortable.
-

Children will be able to:

Should I tell?

- Identify safe secrets (including surprises) and unsafe secrets;
 - Recognise the importance of telling someone they trust about a secret which makes them feel unsafe or uncomfortable.
-

Children will be able to:

Some secrets should never be kept

- Identify how inappropriate touch can make someone feel;
 - Understand that there are unsafe secrets and secrets that are nice surprises;
 - Explain that if someone is being touched in a way that they don't like they have to tell someone in their safety network so they can help it stop.
-

Rights and Respect

Children will be able to:

Getting on with others

Describe and record strategies for getting on with others in the classroom.

Learning Outcomes**SCARF lesson plans**

Children will be able to:

When I feel like erupting

- Explain, and be able to use, strategies for dealing with impulsive behaviour.
-

Children will be able to:

Feeling safe

- Identify special people in the school and community who can help to keep them safe;
 - Know how to ask for help.
-

Children will be able to:

Harold saves for something special

- Understand that people have choices about what they do with their money;
 - Know that money can be saved for a use at a future time;
 - Explain how they might feel when they spend money on different things.
-

Children will be able to:

Harold goes camping (OPTIONAL)

- Recognise that money can be spent on items which are essential or non-essential;
 - Know that money can be saved for a future time and understand the reasons why people (including themselves) might do this.
-

Learning Outcomes

SCARF lesson plans

Children will be able to:

How can we look after our environment?

- Identify what they like about the school environment;
 - Identify any problems with the school environment (e.g. things needing repair);
 - Make suggestions for improving the school environment;
 - Recognise that they all have a responsibility for helping to look after the school environment.
-

Being My Best

Children will be able to:

You can do it!

- Explain the stages of the learning line showing an understanding of the learning process;
 - Help themselves and others develop a positive attitude that support their wellbeing;
 - Identify and describe where they are on the learning line in a given activity and apply its positive mindset strategies to their own learning.
-

Children will be able to:

My day

- Understand and give examples of things they can choose themselves and things that others choose for them;
 - Explain things that they like and dislike, and understand that they have choices about these things;
 - Understand and explain that some choices can be either healthy or unhealthy and can make a difference to their own health.
-

Learning Outcomes**SCARF lesson plans**

Children will be able to:

- Explain how germs can be spread;
- Describe simple hygiene routines such as hand washing;
- Understand that vaccinations can help to prevent certain illnesses.

Harold's postcard - helping us to keep clean and healthy

Children will be able to:

- Explain the importance of good dental hygiene;
- Describe simple dental hygiene routines.

Harold's bathroom

Children will be able to:

- Name major internal body parts (heart, blood, lungs, stomach, small and large intestines, brain);
- Describe how food, water and air get into the body and blood.

What does my body do?

Children will be able to:

- Understand that the body gets energy from food, water and oxygen;
- Recognise that exercise and sleep are important to health

My body needs... (OPTIONAL)

Growing and Changing

Children will be able to:

- Demonstrate simple ways of giving positive feedback to others.

A helping hand

Learning Outcomes**SCARF lesson plans**

Children will be able to:

Sam moves away

- Recognise the range of feelings that are associated with losing (and being reunited) with a person they are close to.

Children will be able to:

Haven't you grown!

- Identify different stages of growth (e.g. baby, toddler, child, teenager, adult);
- Understand and describe some of the things that people are capable of at these different stages.

Children will be able to:

My body, your body

- Identify which parts of the human body are private;
- Explain that a person's genitals help them to make babies when they are grown up;
- Understand that humans mostly have the same body parts but that they can look different from person to person.

Children will be able to:

Respecting privacy

- Explain what privacy means;
- Know that you are not allowed to touch someone's private belongings without their permission;
- Give examples of different types of private information.

Y3

Learning Outcomes**SCARF lesson plans**

Me and My Relationships

Learning Outcomes**SCARF lesson plans**

Children will be able to:

As a rule

- Explain why we have rules;
 - Explore why rules are different for different age groups, in particular for internet-based activities;
 - Suggest appropriate rules for a range of settings;
 - Consider the possible consequences of breaking the rules.
-

Children will be able to:

Looking after our special people

- Identify people who they have a special relationship with;
 - Suggest strategies for maintaining a positive relationship with their special people.
-

Children will be able to:

How can we solve this problem?

- Rehearse and demonstrate simple strategies for resolving given conflict situations.
-

Children will be able to:

Tangram team challenge (OPTIONAL)

- Define and demonstrate cooperation and collaboration;
 - Identify the different skills that people can bring to a group task;
 - Demonstrate how working together in a collaborative manner can help everyone to achieve success.
-

Learning Outcomes**SCARF lesson plans**

Children will be able to:

Friends are special

- Identify qualities of friendship;
 - Suggest reasons why friends sometimes fall out;
 - Rehearse and use, now or in the future, skills for making up again.
-

Children will be able to:

Thunks

- Express opinions and listen to those of others;
 - Consider others' points of view;
 - Practise explaining the thinking behind their ideas and opinions.
-

Children will be able to:

Dan's dare

- Explain what a dare is;
 - Understand that no-one has the right to force them to do a dare;
 - Suggest strategies to use if they are ever made to feel uncomfortable or unsafe by someone asking them to do a dare.
-

Children will be able to:

My special pet (OPTIONAL)

- Explain some of the feelings someone might have when they lose something important to them;
 - Understand that these feelings are normal and a way of dealing with the situation.
-

Valuing Difference

Learning Outcomes**SCARF lesson plans**

Children will be able to:

Respect and challenge

- Reflect on listening skills;
 - Give examples of respectful language;
 - Give examples of how to challenge another's viewpoint, respectfully.
-

Children will be able to:

Family and friends

- Recognise that there are many different types of family;
 - Understand what is meant by 'adoption' 'fostering' and 'same-sex relationships.'
-

Children will be able to:

My community

- Define the term 'community';
 - Identify the different communities that they belong to;
 - Recognise the benefits that come with belonging to a community, in particular the benefit to mental health and wellbeing.
-

Children will be able to:

Our friends and neighbours

- Explain that people living in the UK have different origins;
 - Identify similarities and differences between a diverse range of people from varying national, regional, ethnic and religious backgrounds;
 - Identify some of the qualities that people from a diverse range of backgrounds need in order to get on together.
-

Learning Outcomes**SCARF lesson plans**

Children will be able to:

Let's celebrate our differences

- Recognise the factors that make people similar to and different from each other;
 - Recognise that repeated name calling is a form of bullying;
 - Suggest strategies for dealing with name calling (including talking to a trusted adult).
-

Children will be able to:

Zeb

- Understand and explain some of the reasons why different people are bullied;
 - Explore why people have prejudiced views and understand what this is.
-

Keeping Safe

Children will be able to:

Safe or unsafe?

- Identify situations which are safe or unsafe;
 - Identify people who can help if a situation is unsafe;
 - Suggest strategies for keeping safe.
-

Children will be able to:

Danger or risk?

- Define the words danger and risk and explain the difference between the two;
 - Demonstrate strategies for dealing with a risky situation.
-

Learning Outcomes**SCARF lesson plans**

Children will be able to:

The Risk robot

- Identify risk factors in given situations;
 - Suggest ways of reducing or managing those risks.
-

Children will be able to:

None of your business!

- Know that our body can often give us a sign when something doesn't feel right; to trust these signs and talk to a trusted adult if this happens;
 - Recognise and describe appropriate behaviour online as well as offline;
 - Identify what constitutes personal information and when it is not appropriate or safe to share this;
 - Understand and explain how to get help in a situation where requests for images or information of themselves or others occurs.
-

Children will be able to:

Super Searcher

- Evaluate the validity of statements relating to online safety;
 - Recognise potential risks associated with browsing online;
 - Give examples of strategies for safe browsing online.
-

Children will be able to:

Help or harm?

- Understand that medicines are drugs and suggest ways that they can be helpful or harmful.
-

Learning Outcomes**SCARF lesson plans**

Children will be able to:

Alcohol and cigarettes: the facts

- Identify some key risks from and effects of cigarettes and alcohol;
 - Know that most people choose not to smoke cigarettes; (Social Norms message)
 - Define the word 'drug' and understand that nicotine and alcohol are both drugs.
-

Children will be able to:

Raisin challenge (1) (OPTIONAL)

- Demonstrate strategies for assessing risks;
 - Understand and explain decision-making skills;
 - Understand where to get help from when making decisions.
-

Rights and Respect

Children will be able to:

Helping each other to stay safe

- Identify key people who are responsible for them to stay safe and healthy;
 - Suggest ways they can help these people.
-

Children will be able to:

Recount task

- Understand the difference between 'fact' and 'opinion';
 - Understand how an event can be perceived from different viewpoints;
 - Plan, draft and publish a recount using the appropriate language.
-

Learning Outcomes**SCARF lesson plans**

Children will be able to:

Our helpful volunteers

- Define what a volunteer is;
 - Identify people who are volunteers in the school community;
 - Recognise some of the reasons why people volunteer, including mental health and wellbeing benefits to those who volunteer.
-

Children will be able to:

Can Harold afford it?

- Understand the terms 'income', 'saving' and 'spending';
 - Recognise that there are times we can buy items we want and times when we need to save for items;
 - Suggest items and services around the home that need to be paid for (e.g. food, furniture, electricity etc.)
-

Children will be able to:

Earning money

- Explain that people earn their income through their jobs;
 - Understand that the amount people get paid is due to a range of factors (skill, experience, training, responsibility etc.)
-

Children will be able to:

Harold's environment project

- Define what is meant by the environment;
 - Evaluate and explain different methods of looking after the school environment;
 - Devise methods of promoting their priority method.
-

Learning Outcomes

SCARF lesson plans

Children will be able to:

Let's have a tidy up! (OPTIONAL)

- Explain whose responsibility it is to look after the local environment;
 - Plan and carry out an event which will benefit the local environment.
-

Being My Best

Children will be able to:

Derek cooks dinner! (healthy eating)

- Explain how each of the food groups on the **Eatwell Guide** (formerly Eatwell Plate) benefits the body;
 - Explain what is meant by the term 'balanced diet';
 - Give examples what foods might make up a healthy balanced meal.
-

Children will be able to:

Poorly Harold

- Explain how some infectious illnesses are spread from one person to another;
 - Explain how simple hygiene routines can help to reduce the risk of the spread of infectious illnesses;
 - Suggest medical and non-medical ways of treating an illness.
-

Children will be able to:

Body team work

- Name major internal body parts (heart, blood, lungs, stomach, small and large intestines, liver, brain);
 - Describe how food, water and air get into the body and blood.
-

Learning Outcomes**SCARF lesson plans**

Children will be able to:

For or against?

- Develop skills in discussion and debating an issue;
 - Demonstrate their understanding of health and wellbeing issues that are relevant to them;
 - Empathise with different view points;
 - Make recommendations, based on their research.
-

Children will be able to:

I am fantastic!

- Identify their achievements and areas of development;
 - Recognise that people may say kind things to help us feel good about ourselves;
 - Explain why some groups of people are not represented as much on television/in the media.
-

Children will be able to:

Top talents

- Explain some of the different talents and skills that people have and how skills are developed;
 - Recognise their own skills and those of other children in the class.
-

Children will be able to:

Getting on with your nerves! (OPTIONAL)

- Demonstrate how working together in a collaborative manner can help everyone to achieve success;
 - Understand and explain how the brain sends and receives messages through the nerves.
-

Growing and Changing

Learning Outcomes**SCARF lesson plans**

Children will be able to:

Relationship tree

- Identify different types of relationships;
- Recognise who they have positive healthy relationships with.

Children will be able to:

Body space

- Understand what is meant by the term body space (or personal space);
- Identify when it is appropriate or inappropriate to allow someone into their body space;
- Rehearse strategies for when someone is inappropriately in their body space.

Children will be able to:

Secret or surprise?

- Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret;
- Recognise how different surprises and secrets might make them feel;
- Know who they could ask for help if a secret made them feel uncomfortable or unsafe.

Children will be able to:

My changing body

- Recognise that babies come from the joining of an egg and sperm;
- Explain what happens when an egg doesn't meet a sperm;
- Understand that for girls, periods are a normal part of puberty.

Y4

Learning Outcomes**SCARF lesson plans**

Learning Outcomes**SCARF lesson plans**

Me and My Relationships

Children will be able to:

Human machines

- Demonstrate strategies for working on a collaborative task;
 - Define successful qualities of teamwork and collaboration.
-

Children will be able to:

Ok or not ok? (part 1)

- Explain what we mean by a 'positive, healthy relationship';
 - Describe some of the qualities that they admire in others.
-

Children will be able to:

Ok or not ok? (part 2)

- Recognise that there are times when they might need to say 'no' to a friend;
 - Describe appropriate assertive strategies for saying 'no' to a friend.
-

Children will be able to:

An email from Harold!

- Describe 'good' and 'not so good' feelings and how feelings can affect our physical state;
 - Explain how different words can express the intensity of feelings.
-

Children will be able to:

Different feelings

- Identify a wide range of feelings;
 - Recognise that different people can have different feelings in the same situation;
 - Explain how feelings can be linked to physical state.
-

Learning Outcomes**SCARF lesson plans**

Children will be able to:

When feelings change (OPTIONAL)

- Demonstrate a range of feelings through their facial expressions and body language;
 - Recognise that their feelings might change towards someone or something once they have further information.
-

Children will be able to:

Under pressure

- Give examples of strategies to respond to being bullied, including what people can do and say;
 - Understand and give examples of who or where pressure to behave in an unhealthy, unacceptable or risky way might come from.
-

Valuing Difference

Children will be able to:

Can you sort it?

- Define the terms 'negotiation' and 'compromise';
 - Understand the need to manage conflict or differences and suggest ways of doing this, through negotiation and compromise.
-

Children will be able to:

What would I do?

- List some of the ways that people are different to each other (including differences of race, gender, religion);
 - Recognise potential consequences of aggressive behaviour;
 - Suggest strategies for dealing with someone who is behaving aggressively.
-

Learning Outcomes**SCARF lesson plans**

Children will be able to:

The people we share our world with

- List some of the ways in which people are different to each other (including ethnicity, gender, religious beliefs, customs and festivals);
- Define the word *respect* and demonstrate ways of showing respect to others' differences.

Children will be able to:

That is such a stereotype!

- Understand and identify stereotypes, including those promoted in the media.

Children will be able to:

Friend or acquaintance?

- Recognise that they have different types of relationships with people they know (e.g. close family, wider family, friends, acquaintances);
- Give examples of features of these different types of relationships, including how they influence what is shared.

Children will be able to:

Islands

- Understand that they have the right to protect their personal body space;
- Recognise how others' non-verbal signals indicate how they feel when people are close to their body space;
- Suggest people they can talk to if they feel uncomfortable with other people's actions towards them.

Keeping Safe

Learning Outcomes**SCARF lesson plans**

Children will be able to:

Danger, risk or hazard?

- Define the terms 'danger', 'risk' and 'hazard' and explain the difference between them;
 - Identify situations which are either dangerous, risky or hazardous;
 - Suggest simple strategies for managing risk.
-

Children will be able to:

How dare you!

- Define what is meant by the word 'dare';
 - Identify from given scenarios which are dares and which are not;
 - Suggest strategies for managing dares.
-

Children will be able to:

Keeping ourselves safe

- Describe stages of identifying and managing risk;
 - Suggest people they can ask for help in managing risk.
-

Children will be able to:

Raisin challenge (2)

- Understand that we can be influenced both positively and negatively;
 - Give examples of some of the consequences of behaving in an unacceptable, unhealthy or risky way.
-

Learning Outcomes**SCARF lesson plans**

Children will be able to:

Picture wise

- Identify images that are safe/unsafe to share online;
- Know and explain strategies for safe online sharing;
- Understand and explain the implications of sharing images online without consent.

Children will be able to:

Medicines: check the label

- Understand that medicines are drugs;
- Explain safety issues for medicine use;
- Suggest alternatives to taking a medicine when unwell;
- Suggest strategies for limiting the spread of infectious diseases (e.g. hand-washing routines).

Children will be able to:

Know the norms (OPTIONAL)

- Understand some of the key risks and effects of smoking and drinking alcohol;
- Understand that increasing numbers of young people are choosing not to smoke and that not all people drink alcohol (Social Norms theory).

Children will be able to:

Traffic lights (OPTIONAL)

- Identify strategies for keeping personal information safe online;
- Describe safe behaviours when using communication technology.

Rights and Respect

Learning Outcomes**SCARF lesson plans**

Children will be able to:

Who helps us stay healthy and safe?

- Explain how different people in the school and local community help them stay healthy and safe;
 - Define what is meant by 'being responsible';
 - Describe the various responsibilities of those who help them stay healthy and safe;
 - Suggest ways they can help the people who keep them healthy and safe.
-

Children will be able to:

It's your right

- Understand that humans have rights and also responsibilities;
 - Identify some rights and also responsibilities that come with these.
-

Children will be able to:

How do we make a difference?

- Understand the reason we have rules;
 - Suggest and engage with ways that they can contribute to the decision-making process in school (e.g. through pupil voice/school council);
 - Recognise that everyone can make a difference within a democratic process.
-

Children will be able to:

In the news!

- Define the word *influence*;
 - Recognise that reports in the media can influence the way they think about a topic;
 - Form and present their own opinions based on factual information and express or present these in a respectful and courteous manner.
-

Learning Outcomes**SCARF lesson plans**

Children will be able to:

Safety in numbers

- Explain the role of the bystander and how it can influence bullying or other anti-social behaviour;
 - Recognise that they can play a role in influencing outcomes of situations by their actions.
-

Children will be able to:

Harold's expenses (OPTIONAL)

- Define the terms 'income' and 'expenditure';
 - List some of the items and services of expenditure in the school and in the home;
 - Prioritise items of expenditure in the home from most essential to least essential.
-

Children will be able to:

Why pay taxes?

- Explain what is meant by the terms 'income tax', 'National Insurance' and 'VAT';
 - Understand how a payslip is laid out showing both pay and deductions;
 - Prioritise public services from most essential to least essential.
-

Children will be able to:

Logo quiz (OPTIONAL)

- Understand some of the ways that various national and international environmental organisations work to help take care of the environment;
 - Understand and explain the value of this work.
-

Being My Best

Learning Outcomes

SCARF lesson plans

Children will be able to:

What makes me ME!

- Identify ways in which everyone is unique;
- Appreciate their own uniqueness;
- Recognise that there are times when they will make the same choices as their friends and times when they will choose differently.

Children will be able to:

Making choices

- Give examples of choices they make for themselves and choices others make for them;
- Recognise that there are times when they will make the same choices as their friends and times when they will choose differently.

Children will be able to:

SCARF hotel

- Understand that the body gets energy from food, water and oxygen and that exercise and sleep are important to our health;
- Plan a menu which gives a healthy balanced of foods from across the food groups on the **Eatwell Guide** (formerly Eatwell Plate).

Children will be able to:

Harold's Seven Rs

- Understand the ways in which they can contribute to the care of the environment (using some or all of the seven Rs);
 - Suggest ways the Seven Rs recycling methods can be applied to different scenarios.
-

Learning Outcomes**SCARF lesson plans**

Children will be able to:

My school community (1)

- Define what is meant by the word 'community';
 - Suggest ways in which different people support the school community;
 - Identify qualities and attributes of people who support the school community.
-

Children will be able to:

Volunteering is cool (OPTIONAL)

- Define what a volunteer is;
 - Use the Five Ways to Wellbeing theory to suggest some of the reasons why people volunteer.
-

Growing and Changing

Children will be able to:

Moving house

- Describe some of the changes that happen to people during their lives;
 - Explain how the Learning Line can be used as a tool to help them manage change more easily;
 - Suggest people who may be able to help them deal with change.
-

Children will be able to:

My feelings are all over the place!

- Name some positive and negative feelings;
 - Understand how the onset of puberty can have emotional as well as physical impact
 - Suggest reasons why young people sometimes fall out with their parents;
 - Take part in a role play practising how to compromise.
-

Learning Outcomes**SCARF lesson plans**

Children will be able to:

All change!

- Identify parts of the body that males and females have in common and those that are different;
- Know the correct terminology for their genitalia;
- Understand and explain why puberty happens.

Children will be able to:

Preparing for changes at puberty (formerly Period positive/preparing for periods)

- Know the key facts of the menstrual cycle;
- Understand that periods are a normal part of puberty for girls;
- Identify some of the ways to cope better with periods.

Children will be able to:

Secret or surprise?

- Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret;
 - Recognise how different surprises and secrets might make them feel;
 - Know who they could ask for help if a secret made them feel uncomfortable or unsafe.
-

Learning Outcomes**SCARF lesson plans**

Children will be able to:

Together

- Understand that marriage is a commitment to be entered into freely and not against someone's will;
- Recognise that marriage includes same sex and opposite sex partners;
- Know the legal age for marriage in England or Scotland;
- Discuss the reasons why a person would want to be married, or live together, or have a civil ceremony.

Y5

Learning Outcomes**SCARF lesson plans**

Me and My Relationships

Children will be able to:

Collaboration Challenge!

- Explain what collaboration means;
- Give examples of how they have worked collaboratively;
- Describe the attributes needed to work collaboratively.

Children will be able to:

Give and take

- Explain what is meant by the terms negotiation and compromise;
- Describe strategies for resolving difficult issues or situations.

Learning Outcomes**SCARF lesson plans**

Children will be able to:

Communication (OPTIONAL)

- Understand that online communication can be misinterpreted;
 - Accept that responsible and respectful behaviour is necessary when interacting with others online as well as face-to-face.
-

Children will be able to:

How good a friend are you?

- Demonstrate how to respond to a wide range of feelings in others;
 - Give examples of some key qualities of friendship;
 - Reflect on their own friendship qualities.
-

Children will be able to:

Relationship cake recipe

- Identify what things make a relationship unhealthy;
 - Identify who they could talk to if they needed help.
-

Children will be able to:

Our emotional needs

- Recognise basic emotional needs, understand that they change according to circumstance;
 - Identify risk factors in a given situation (involving smoking or other scenarios) and consider outcomes of risk taking in this situation, including emotional risks.
-

Learning Outcomes**SCARF lesson plans**

Children will be able to:

Being assertive

- Identify characteristics of passive, aggressive and assertive behaviours;
 - Understand and rehearse assertiveness skills.
-

Valuing Difference

Children will be able to:

Qualities of friendship

- Define some key qualities of friendship;
 - Describe ways of making a friendship last;
 - Explain why friendships sometimes end.
-

Children will be able to:

Kind conversations

- Rehearse active listening skills;
 - Demonstrate respectfulness in responding to others;
 - Respond appropriately to others.
-

Children will be able to:

Happy being me

- Develop an understanding of discrimination and its injustice, and describe this using examples;
 - Empathise with people who have been, and currently are, subjected to injustice, including through racism;
 - Consider how discriminatory behaviour can be challenged.
-

Learning Outcomes**SCARF lesson plans**

Children will be able to:

The land of the Red People

- Identify and describe the different groups that make up their school/wider community/other parts of the UK;
 - Describe the benefits of living in a diverse society;
 - Explain the importance of mutual respect for different faiths and beliefs and how we demonstrate this.
-

Children will be able to:

Is it true?

- Understand that the information we see online, either text or images, is not always true or accurate;
 - Recognise that some people post things online about themselves that aren't true, sometimes this is so that people will like them;
 - Understand and explain the difference between sex, gender identity, gender expression and sexual orientation.
-

Children will be able to:

Stop, start, stereotypes

- Recognise that some people can get bullied because of the way they express their gender;
 - Give examples of how bullying behaviours can be stopped.
-

Children will be able to:

It could happen to anyone (OPTIONAL)

- Identify the consequences of positive and negative behaviour on themselves and others;
 - Give examples of how individual/group actions can impact on others in a positive or negative way.
-

Learning Outcomes**SCARF lesson plans**

Keeping Safe

Children will be able to:

Spot bullying

- Demonstrate strategies to deal with both face-to-face and online bullying;
- Demonstrate strategies and skills for supporting others who are bullied;
- Recognise and describe the difference between online and face-to-face bullying.

Children will be able to:

Play, like, share

- Consider what information is safe/unsafe to share offline and online, and reflect on the consequences of not keeping personal information private;
- Recognise that people aren't always who they appear to be online and explain risks of being friends online with a person they have not met face-to-face;
- Know how to protect personal information online;
- Recognise disrespectful behaviour online and know how to respond to it.

Children will be able to:

Decision dilemmas

- Recognise which situations are risky;
 - Explore and share their views about decision making when faced with a risky situation;
 - Suggest what someone should do when faced with a risky situation.
-

Learning Outcomes**SCARF lesson plans**

Children will be able to:

Ella's diary dilemma

- Define what is meant by a dare;
 - Explain why someone might give a dare;
 - Suggest ways of standing up to someone who gives a dare.
-

Children will be able to:

Vaping: healthy or unhealthy?

- Recognise that there are positive and negative risks;
 - Explain how to weigh up risk factors when making a decision;
 - Describe some of the possible outcomes of taking a risk.
-

Children will be able to:

Would you risk it?

- Identify risk factors in a given situation (involving smoking) and consider outcomes of risk taking in this situation, including emotional risks;
 - Understand the actual norms around smoking/alcohol and the reasons for common misperceptions of these.
-

Children will be able to:

'Thunking' about habits (OPTIONAL)

- Explain what a habit is, giving examples;
 - Describe why and how a habit can be hard to change.
-

Learning Outcomes**SCARF lesson plans**

Children will be able to:

Drugs: true or false? (OPTIONAL)

- Understand some of the complexities of categorising drugs;
 - Know that all medicines are drugs but not all drugs are medicines;
 - Understand ways in which medicines can be helpful or harmful and used safely or unsafely.
-

Children will be able to:

Smoking: what is normal? (OPTIONAL)

- Understand the actual norms around smoking and the reasons for common misperceptions of these.
-

Rights and Respect

Children will be able to:

What's the story?

- Identify, write and discuss issues currently in the media concerning health and wellbeing;
 - Express their opinions on an issue concerning health and wellbeing;
 - Make recommendations on an issue concerning health and wellbeing.
-

Children will be able to:

Fact or opinion?

- Understand the difference between a fact and an opinion;
 - Understand what biased reporting is and the need to think critically about things we read.
-

Learning Outcomes**SCARF lesson plans**

Children will be able to:

Mo makes a difference

- Explain what we mean by the terms voluntary, community and pressure (action) group;
 - Give examples of voluntary groups, the kind of work they do and its value.
-

Children will be able to:

Rights, respect and duties

- Define the differences between responsibilities, rights and duties;
 - Discuss what can make them difficult to follow;
 - Identify the impact on individuals and the wider community if responsibilities are not carried out.
-

Children will be able to:

Spending wisely

- State the costs involved in producing and selling an item;
 - Suggest questions a consumer should ask before buying a product.
-

Children will be able to:

Lend us a fiver!

- Define the terms loan, credit, debt and interest;
 - Suggest advice for a range of situations involving personal finance.
-

Children will be able to:

Local councils (OPTIONAL)

- Explain some of the areas that local councils have responsibility for;
 - Understand that local councillors are elected to represent their local community.
-

Learning Outcomes**SCARF lesson plans**

Being My Best

Children will be able to:

It all adds up!

- Know the basic functions of the four systems covered and know they are inter-related.
 - Explain the function of at least one internal organ.
 - Understand the importance of food, water and oxygen, sleep and exercise for the human body and its health.
-

Children will be able to:

Different skills

- Identify their own strengths and talents;
 - Identify areas that need improvement and describe strategies for achieving those improvements.
-

Children will be able to:

My school community (2)

- State what is meant by community;
 - Explain what being part of a school community means to them;
 - Suggest ways of improving the school community.
-

Children will be able to:

Independence and responsibility

- Identify people who are responsible for helping them stay healthy and safe;
 - Identify ways that they can help these people.
-

Learning Outcomes**SCARF lesson plans**

Children will be able to:

Star qualities?

- Describe 'star' qualities of celebrities as portrayed by the media;
 - Recognise that the way people are portrayed in the media isn't always an accurate reflection of them in real life;
 - Describe 'star' qualities that 'ordinary' people have.
-

Growing and Changing

Children will be able to:

How are they feeling?

- Use a range of words and phrases to describe the intensity of different feelings
 - Distinguish between good and not so good feelings, using appropriate vocabulary to describe these;
 - Explain strategies they can use to build resilience.
-

Children will be able to:

Taking notice of our feelings

- Identify people who can be trusted;
 - Understand what kinds of touch are acceptable or unacceptable;
 - Describe strategies for dealing with situations in which they would feel uncomfortable, particularly in relation to inappropriate touch.
-

Children will be able to:

Dear Ash

- Explain the difference between a safe and an unsafe secret;
 - Identify situations where someone might need to break a confidence in order to keep someone safe.
-

Learning Outcomes**SCARF lesson plans**

Children will be able to:

Growing up and changing bodies

- Identify some products that they may need during puberty and why;
 - Know what menstruation is and why it happens.
-

Children will be able to:

Changing bodies and feelings

- Know the correct words for the external sexual organs;
 - Discuss some of the myths associated with puberty.
-

Children will be able to:

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

- Recognise how our body feels when we're relaxed;
 - List some of the ways our body feels when it is nervous or sad;
 - Describe and/or demonstrate how to be resilient in order to find someone who will listen to you.
-

Children will be able to:

It could happen to anyone (OPTIONAL)

- Identify the consequences of positive and negative behaviour on themselves and others;
 - Give examples of how individual/group actions can impact on others in a positive or negative way.
-

Learning Outcomes**SCARF lesson plans**

Children will be able to:

Dear Hetty (OPTIONAL)

- Explain how someone might feel when they are separated from someone or something they like;
- Suggest ways to help someone who is separated from someone or something they like.

Y6**Learning Outcomes****SCARF lesson plans**

Me and My Relationships

Children will be able to:

Working together

- Demonstrate a collaborative approach to a task;
- Describe and implement the skills needed to do this.

Children will be able to:

Let's negotiate (OPTIONAL)

- Explain what is meant by the terms 'negotiation' and 'compromise';
- Suggest positive strategies for negotiating and compromising within a collaborative task;
- Demonstrate positive strategies for negotiating and compromising within a collaborative task.

Children will be able to:

It's a puzzle (OPTIONAL)

- Identify strategies for keeping personal information safe online;
- Describe safe and respectful behaviours when using communication technology.

Learning Outcomes**SCARF lesson plans**

Children will be able to:

Solve the friendship problem

- Recognise some of the challenges that arise from friendships;
 - Suggest strategies for dealing with such challenges demonstrating the need for respect and an assertive approach.
-

Children will be able to:

Dan's day (OPTIONAL)

- Describe the consequences of reacting to others in a positive or negative way;
 - Suggest ways that people can respond more positively to others.
-

Children will be able to:

Behave yourself

- Recognise and empathise with patterns of behaviour in peer-group dynamics;
 - Recognise basic emotional needs and understand that they change according to circumstance;
 - Suggest strategies for dealing assertively with a situation where someone under pressure may do something they feel uncomfortable about.
-

Children will be able to:

Assertiveness skills (formerly Behave yourself - 2)

- List some assertive behaviours;
 - Recognise peer influence and pressure;
 - Demonstrate using some assertive behaviours, through role-play, to resist peer influence and pressure.
-

Learning Outcomes**SCARF lesson plans**

Children will be able to:

Don't force me

- Describe ways in which people show their commitment to each other;
 - Know the ages at which a person can marry, depending on whether their parents agree;
 - Understand that everyone has the right to be free to choose who and whether to marry.
-

Children will be able to:

Acting appropriately

- Recognise that some types of physical contact can produce strong negative feelings;
 - Know that some inappropriate touch is also illegal.
-

Valuing Difference

Children will be able to:

OK to be different

- Recognise that bullying and discriminatory behaviour can result from disrespect of people's differences;
 - Suggest strategies for dealing with bullying, as a bystander;
 - Describe positive attributes of their peers.
-

Learning Outcomes**SCARF lesson plans**

Children will be able to:

We have more in common than not

- Know that all people are unique but that we have far more in common with each other than what is different about us;
- Consider how a bystander can respond to someone being rude, offensive or bullying someone else;
- Demonstrate ways of offering support to someone who has been bullied .

Children will be able to:

Respecting differences

- Demonstrate ways of showing respect to others, using verbal and non-verbal communication.

Children will be able to:

Tolerance and respect for others

- Understand and explain the term prejudice;
- Identify and describe the different groups that make up their school/wider community/other parts of the UK;
- Describe the benefits of living in a diverse society;
- Explain the importance of mutual respect for different faiths and beliefs and how we demonstrate this.

Children will be able to:

Advertising friendships!

- Explain the difference between a friend and an acquaintance;
 - Describe qualities of a strong, positive friendship;
 - Describe the benefits of other types of relationship (e.g. neighbour, parent/carers, relative).
-

Learning Outcomes

SCARF lesson plans

Children will be able to:

- Define what is meant by the term stereotype;
- Recognise how the media can sometimes reinforce gender stereotypes;
- Recognise that people fall into a wide range of what is seen as normal;
- Challenge stereotypical gender portrayals of people.

Boys will be boys? - challenging gender stereotypes

Keeping Safe

Children will be able to:

- Accept that responsible and respectful behaviour is necessary when interacting with others online and face-to-face;
- Understand and describe the ease with which something posted online can spread.

Think before you click!

Children will be able to:

- Know that it is illegal to create and share sexual images of children under 18 years old;
- Explore the risks of sharing photos and films of themselves with other people directly or online;
- Know how to keep their information private online.

To share or not to share?

Learning Outcomes**SCARF lesson plans**

Children will be able to:

Rat Park

- Define what is meant by addiction, demonstrating an understanding that addiction is a form of behaviour;
 - Understand that all humans have basic emotional needs and explain some of the ways these needs can be met.
-

Children will be able to:

What sort of drug is...?

- Explain how drugs can be categorised into different groups depending on their medical and legal context;
 - Demonstrate an understanding that drugs can have both medical and non-medical uses;
 - Explain in simple terms some of the laws that control drugs in this country.
-

Children will be able to:

Drugs: it's the law!

- Understand some of the basic laws in relation to drugs;
 - Explain why there are laws relating to drugs in this country.
-

Children will be able to:

Alcohol: what is normal?

- Understand the actual norms around drinking alcohol and the reasons for common misperceptions of these;
 - Describe some of the effects and risks of drinking alcohol.
-

Learning Outcomes**SCARF lesson plans**

Children will be able to:

Joe's story (part 1) (OPTIONAL)

- Understand that all humans have basic emotional needs and explain some of the ways these needs can be met;
 - Explain how these emotional needs impact on people's behaviour;
 - Suggest positive ways that people can get their emotional need met.
-

Children will be able to:

Joe's story (part 2) (OPTIONAL)

- Understand and give examples of conflicting emotions;
 - Understand and reflect on how independence and responsibility go together.
-

Rights and Respect

Children will be able to:

Two sides to every story

- Define the terms 'fact', 'opinion', 'biased' and 'unbiased', explaining the difference between them;
 - Describe the language and techniques that make up a biased report;
 - Analyse a report also extract the facts from it.
-

Learning Outcomes**SCARF lesson plans**

Children will be able to:

Fakebook friends

- Know the legal age (and reason behind these) for having a social media account;
 - Understand why people don't tell the truth and often post only the good bits about themselves, online;
 - Recognise that people's lives are much more balanced in real life, with positives and negatives.
-

Children will be able to:

What's it worth?

- Explain some benefits of saving money;
 - Describe the different ways money can be saved, outlining the pros and cons of each method;
 - Describe the costs that go into producing an item;
 - Suggest sale prices for a variety of items, taking into account a range of factors;
 - Explain what is meant by the term *interest*.
-

Children will be able to:

Jobs and taxes (OPTIONAL)

- Recognise and explain that different jobs have different levels of pay and the factors that influence this;
 - Explain the different types of tax (income tax and VAT) which help to fund public services;
 - Evaluate the different public services and compare their value.
-

Learning Outcomes

SCARF lesson plans

Children will be able to:

- Explain what is meant by living in an environmentally sustainable way;
- Suggest actions that could be taken to live in a more environmentally sustainable way.

Happy shoppers - caring for the environment

Children will be able to:

- Explain what we mean by the terms voluntary, community and pressure (action) group;
- Describe the aim, mission statement, activity and beneficiaries of a chosen voluntary, community or action group.

Action stations! (OPTIONAL)

Being My Best

Children will be able to:

- Identify aspirational goals;
- Describe the actions needed to set and achieve these.

This will be your life!

Children will be able to:

- Present information they researched on a health and wellbeing issues outlining the key issues and making suggestions for any improvements concerning those issues.

Our recommendations

Children will be able to:

- Identify risk factors in a given situation;
- Understand and explain the outcomes of risk-taking in a given situation, including emotional risks.

What's the risk? (1)

Learning Outcomes**SCARF lesson plans**

Children will be able to:

What's the risk? (2)

- Recognise what risk is;
 - Explain how a risk can be reduced;
 - Understand risks related to growing up and explain the need to be aware of these;
 - Assess a risk to help keep themselves safe.
-

Children will be able to:

Five Ways to Wellbeing project

- Explain what the five ways to wellbeing are;
 - Describe how the five ways to wellbeing contribute to a healthy lifestyle, giving examples of how they can be implemented in people's lives.
-

Growing and Changing

Children will be able to:

I look great!

- Understand that fame can be short-lived;
 - Recognise that photos can be changed to match society's view of perfect;
 - Identify qualities that people have, as well as their looks.
-

Learning Outcomes**SCARF lesson plans**

Children will be able to:

Media manipulation

- Define what is meant by the term stereotype;
 - Recognise how the media can sometimes reinforce gender stereotypes;
 - Recognise that people fall into a wide range of what is seen as normal;
 - Challenge stereotypical gender portrayals of people.
-

Children will be able to:

Pressure online

- Understand the risks of sharing images online and how these are hard to control, once shared;
 - Understand that people can feel pressured to behave in a certain way because of the influence of the peer group;
 - Understand the norms of risk-taking behaviour and that these are usually lower than people believe them to be.
-

Children will be able to:

Helpful or unhelpful? Managing change

- Recognise some of the changes they have experienced and their emotional responses to those changes;
 - Suggest positive strategies for dealing with change;
 - Identify people who can support someone who is dealing with a challenging time of change.
-

Learning Outcomes**SCARF lesson plans**

Children will be able to:

Is this normal?

- Define the word 'puberty' giving examples of some of the physical and emotional changes associated with it;
 - Suggest strategies that would help someone who felt challenged by the changes in puberty;
 - Understand what FGM is and that it is an illegal practice in this country;
 - Know where someone could get support if they were concerned about their own or another person's safety.
-

Children will be able to:

Making babies

- Identify the changes that happen through puberty to allow sexual reproduction to occur;
 - Know a variety of ways in which the sperm can fertilise the egg to create a baby;
 - Know the legal age of consent and what it means.
-

Children will be able to:

What is HIV? (OPTIONAL)

- Explain how HIV affects the body's immune system;
 - Understand that HIV is difficult to transmit;
 - Know how a person can protect themselves from HIV.
-

Additional plans

Learning Outcomes**SCARF lesson plans**

Children will be able to:

- Determine some of the characteristics of Thomas Coram through studying his portrait;
- Know some of the conditions of life of children in poverty in the 18th Century and relate these to their rights.
- Demonstrate their understanding of the aims of Thomas Coram and his proposed Foundling Hospital.

Captain Coram 2 - Thomas Coram and the Foundling Hospital

Children will be able to:

- Understand the role of artists and musicians in raising both the profile and funds for the Coram Foundling Hospital;
- Have the skills to design, run and evaluate a fundraising project of their own choosing.

Captain Coram 3 - Funds for Foundlings: 18th century artists raise money for the 1st children's charity

Children will be able to:

- Consider and analyse images of paintings from the Foundling Museum to understand some of the aspects of life in the Foundling Hospital;
- Use extracts from 'Hetty Feather' to understand some of the aspects of life in the Foundling Hospital;
- Relate Hetty Feather's experiences to the rights of the child.

Captain Coram 4 - Hetty Feather, fictional foundling: children's rights in the 19th century

Learning Outcomes**SCARF lesson plans**

Children will be able to:

- Use audio and photograph sources to understand some of the aspects of life in the Foundling Hospital in the 20th Century;
- Demonstrate their understanding of life in the Foundling Hospital by writing a fictional diary entry.

Captain Coram 5 - Life for Foundlings in the 20th century

Children will be able to:

- Demonstrate an understanding of the work of the Thomas Coram Foundation (Coram) in the present day;
- Determine ways in which Coram's work continues to uphold children's rights;
- Demonstrate their knowledge and understanding of aspects of the work of his foundation from the 18th century through to the present day through writing a fictional letter to Thomas Coram.

Captain Coram 6 - Coram today: children's rights in the 21st century

Children will be able to:

- Define the term 'community';
- Recognise the benefits to mental health and wellbeing of being part of community groups;
- Understand the value of community members and how they can be valued for contributing to communities.

Community art (OPTIONAL)