



St. James



C. of E. PRIMARY SCHOOL

Progression of Skills for Life Skills

We use Coram Life Education's SCARF programme of study. The key themes are:

- Me and my relationships
- Valuing difference
- Keeping myself safe
- Rights and responsibilities
- Being my best
- Growing and changing



	Early Years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Me and My Relationships	What makes me special People close to me Getting help	Feelings Getting help Classroom rules Special people Being a good friend	Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss	Healthy relationships Listening to feelings Bullying Assertive skills	Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs	Assertiveness Cooperation Safe/unsafe touches Positive relationships
Valuing Difference	Similarities and difference Celebrating difference Showing kindness	Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help	Being kind and helping others Celebrating difference People who help us Listening Skills	Recognising and respecting diversity Being respectful and tolerant My community	Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes	Recognising and celebrating difference, including religions and cultural Influence and pressure of social media	Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour Gender stereotyping

Keeping Safe	<p>Keeping my body safe</p> <p>Safe secrets and touches</p> <p>People who help to keep us safe</p>	<p>How our feelings can keep us safe – including online safety</p> <p>Safe and unsafe touches</p> <p>Medicine Safety</p> <p>Sleep</p>	<p>Safe and unsafe secrets</p> <p>Appropriate touch</p> <p>Medicine safety</p>	<p>Managing risk</p> <p>Decision-making skills</p> <p>Drugs and their risks</p> <p>Staying safe online</p>	<p>Managing risk</p> <p>Understanding the norms of drug use (cigarette and alcohol use)</p> <p>Influences</p> <p>Online safety</p>	<p>Managing risk, including online safety</p> <p>Norms around use of legal drugs (tobacco, alcohol)</p> <p>Decision-making skills</p>	<p>Understanding emotional needs</p> <p>Staying safe online</p> <p>Drugs: norms and risks (including the law)</p>
Rights and Respect	<p>Looking after things: friends, environment, money</p>	<p>Taking care of things:</p> <p>Myself</p> <p>My money</p> <p>My environment</p>	<p>Cooperation</p> <p>Self-regulation</p> <p>Online safety</p> <p>Looking after money – saving and spending</p>	<p>Skills we need to develop as we grow up</p> <p>Helping and being helped</p> <p>Looking after the environment</p> <p>Managing money</p>	<p>Making a difference (different ways of helping others or the environment)</p> <p>Media influence</p> <p>Decisions about spending money</p>	<p>Rights, respect and duties relating to my health</p> <p>Making a difference</p> <p>Decisions about lending, borrowing and spending</p>	<p>Understanding media bias, including social media</p> <p>Caring: communities and the environment</p> <p>Earning and saving money</p> <p>Understanding democracy</p>
Being My Best	<p>Keeping my body healthy – food, exercise, sleep</p> <p>Growth Mindset</p>	<p>Growth Mindset</p> <p>Healthy eating</p> <p>Hygiene and health</p> <p>Cooperation</p>	<p>Growth Mindset</p> <p>Looking after my body</p> <p>Hygiene and health</p> <p>Exercise and sleep</p>	<p>Keeping myself healthy and well</p> <p>Celebrating and developing my skills</p> <p>Developing empathy</p>	<p>Having choices and making decisions about my health</p> <p>Taking care of my environment</p> <p>My skills and interests</p>	<p>Growing independence and taking ownership</p> <p>Keeping myself healthy</p> <p>Media awareness and safety</p> <p>My community</p>	<p>Aspirations and goal setting</p> <p>Managing risk</p> <p>Looking after my mental health</p>
Growing and Changing	<p>Cycles</p> <p>Life stages</p> <p>Girls and boys – similarities and difference</p>	<p>Getting help</p> <p>Becoming independent</p> <p>My body parts</p> <p>Taking care of self and others</p>	<p>Life cycles</p> <p>Dealing with loss</p> <p>Being supportive</p> <p>Growing and changing</p> <p>Privacy</p>	<p>Relationships</p> <p>Changing bodies and puberty</p> <p>Keeping safe</p> <p>Safe and unsafe secrets</p>	<p>Body changes during puberty</p> <p>Managing difficult feelings</p> <p>Relationships including marriage</p>	<p>Managing difficult feelings</p> <p>Managing change</p> <p>How my feelings help keeping safe</p> <p>Getting help</p>	<p>Coping with changes</p> <p>Keeping safe</p> <p>Body Image</p> <p>Sex education</p> <p>Self-esteem</p>