

## Bramcote Hills KS2 PSHE Curriculum

Age Group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
<b>Ages 7-8</b>	<p>Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives</p> <p>I can explain how my behaviour can affect how others feel and behave.</p> <p>I can explain why it is important to have rules and how that helps me and others in my class learn. I can explain why it is important to feel valued.</p>	<p>Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments</p> <p>I can describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or kind ways when conflicts happen.</p> <p>I can tell you how being involved with a conflict makes me feel and can offer strategies to help the situation. e.g Solve It Together or asking for help.</p>	<p>Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing Feelings Simple budgeting</p> <p>I can explain the different ways that help me learn and what I need to do to improve.</p> <p>I am confident and positive when I share my success with others. I can explain how these feelings can be stored in my internal treasure chest and why this is important.</p>	<p>Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and offline scenarios Respect for myself and others Healthy and safe choices</p> <p>I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe and healthy including who to go to for help and how to call emergency services.</p> <p>I can express how being anxious/ scared and unwell feels.</p>	<p>Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends</p> <p>I can explain how my life is influenced positively by people I know and also by people from other countries.</p> <p>I can explain why my choices might affect my family, friendships and people around the world who I don't know.</p>	<p>How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition</p> <p>I can explain how boys' and girls' bodies change on the inside/outside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up.</p> <p>I recognise how I feel about these changes happening to me and can suggest some ideas to cope with these feelings.</p>
<b>Ages 8-9</b>	<p>Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behavior</p> <p>I can explain why being listened to and listening to others is important in my school community.</p> <p>I can explain why being democratic is important and can help me and others feel valued.</p>	<p>Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First Impressions</p> <p>I can tell you a time when my first impression of someone changed as I got to know them. I can also explain why bullying might be difficult to spot and what to do about it if I'm not sure.</p> <p>I can explain why it is good to accept myself and others for who we are.</p>	<p>Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes</p> <p>I can plan and set new goals even after a disappointment.</p> <p>I can explain what it means to be resilient and to have a positive attitude.</p>	<p>Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength</p> <p>I can recognise when people are putting me under pressure and can explain ways to resist this when I want to.</p> <p>I can identify feelings of anxiety and fear associated with peer pressure.</p>	<p>Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and Animals</p> <p>I can recognise how people are feeling when they miss a special person or animal.</p> <p>I can give ways that might help me manage my feelings when missing a special person or animal.</p>	<p>Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change</p> <p>I can summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older.</p> <p>I can explain some of the choices I might make in the future and some of the choices that I have no control over. I can offer some suggestions about how I might manage my feelings when changes happen.</p>

## Ages 9-10

Planning the forthcoming year  
Being a citizen  
Rights and responsibilities  
Rewards and consequences  
How behaviour affects groups  
Democracy, having a voice,  
Participating

I can compare my life with other people in my country and explain why we have rules, rights and responsibilities to try and make the school and the wider community a fair place.

I can explain how the actions of one person can affect another and can give examples of this from school and a wider community context.

Cultural differences and how they can cause conflict  
Racism  
Rumours and name-calling  
Types of bullying  
Material wealth and happiness  
Enjoying and respecting other cultures

I can explain the differences between direct and indirect types of bullying and can offer a range of strategies to help myself and others if we become involved (directly or indirectly) in a bullying situation.

I can explain why racism and other forms of discrimination are unkind. I can express how I feel about discriminatory behaviour.

Future dreams  
The importance of money  
Jobs and careers  
Dream job and how to get there  
Goals in different cultures  
Supporting others (charity)  
Motivation

I can compare my hopes and dreams with those of young people from different cultures.

I can reflect on the hopes and dreams of young people from another culture and explain how this makes me feel.

Smoking, including vaping  
Alcohol  
Alcohol and anti-social behaviour  
Emergency aid  
Body image  
Relationships with food  
Healthy choices  
Motivation and behavior

I can explain different roles that food and substances can play in people's lives. I can also explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy.

I can summarise different ways that I respect and value my body.

Self-recognition and self-worth  
Building self-esteem  
Safer online communities  
Rights and responsibilities online  
Online gaming and gambling  
Reducing screen time  
Dangers of online grooming  
SMARTT internet safety rules

I can compare different types of friendships and the feelings associated with them. I can also explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure.

I can apply strategies to manage my feelings and the pressures I may face to use technology in ways that may be risky or cause harm to myself or others.

Self- and body image  
Influence of online and media on body image  
Puberty for girls  
Puberty for boys  
Conception (including IVF)  
Growing responsibility  
Coping with change  
Preparing for transition

I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important. I can also summarise the process of conception.

I can express how I feel about the changes that will happen to me during puberty, and that I accept these changes might happen at different times to my friends.

## Ages 10-11

Identifying goals for the year  
Global citizenship  
Children's universal rights  
Feeling welcome and valued  
Choices, consequences and rewards  
Group dynamics  
Democracy, having a voice  
Anti-social behavior  
Role-modelling

I can explain how my choices can have an impact on people in my immediate community and globally.

I can empathise with others in my community and globally and explain how this can influence the choices I make.

Perceptions of normality  
Understanding disability  
Power struggles  
Understanding bullying  
Inclusion/exclusion  
Differences as conflict, difference as celebration  
Empathy

I can explain ways in which difference can be a source of conflict or a cause for celebration.

I can show empathy with people in situations where their difference is a source of conflict or a cause for celebration.

Personal learning goals, in and out of school  
Success criteria  
Emotions in success  
Making a difference in the world  
Motivation  
Recognising achievements  
Compliments

I can explain different ways to work with others to help make the world a better place.

I can explain what motivates me to make the world a better place.

Taking personal responsibility  
How substances affect the body  
Exploitation, including 'county lines' and gang culture  
Emotional and mental health  
Managing stress

I can explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others.

I can identify and apply skills to keep myself emotionally healthy and to manage stress and pressure.

Mental health  
Identifying mental health worries and sources of support  
Love and loss  
Managing feelings  
Power and control  
Assertiveness  
Technology safety  
Take responsibility with technology use

I can identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control.

I can explain the feelings I might experience if I lose somebody special and when I need to stand up for myself and my friends in real or online situations. I can offer strategies to help me manage these feelings and situations.

Self-image  
Body image  
Puberty and feelings  
Conception to birth  
Reflections about change  
Physical attraction  
Respect and consent  
Boyfriends/girlfriends  
Sexting  
Transition

I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.

I recognise how I feel when I reflect on becoming a teenager and how I feel about the development and birth of a baby.