

**Ewanrigg Junior School- PSHCE Curriculum.**

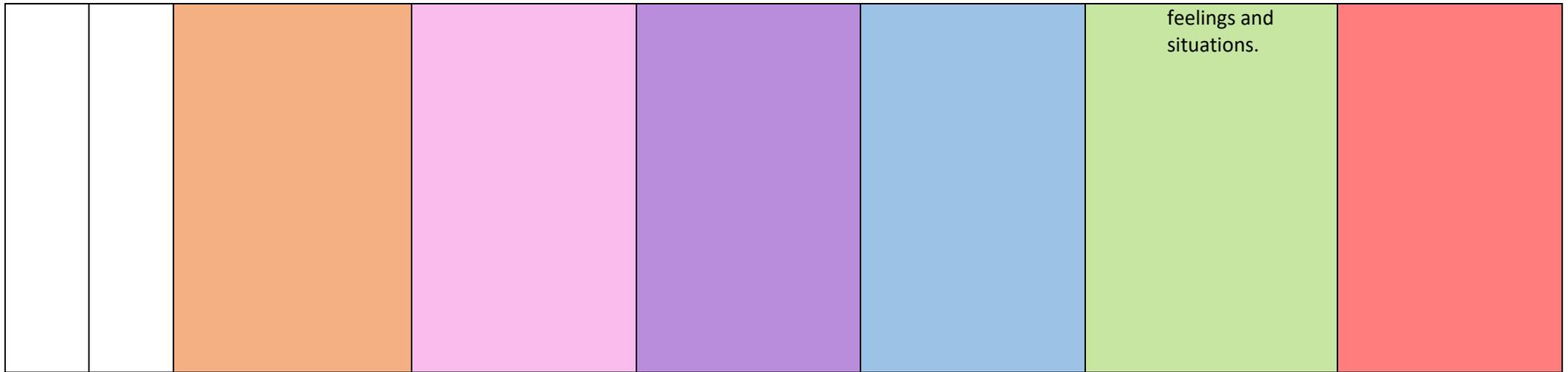
Year group	Cycle	Autumn 1 Being me in my world	Autumn 2 Celebrating difference	Spring 1 Dreams and goals	Spring 2 Healthy me	Summer 1 Relationships	Summer 2 Changing me
Year 3/4	A 7-8	<p>Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' Perspectives.</p> <ul style="list-style-type: none"> <li>I can explain how my behaviour can affect how others feel and behave.</li> <li>I can explain why it is important to have rules and how that helps me and others in my class learn.</li> <li>I can explain</li> </ul>	<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> <ul style="list-style-type: none"> <li>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.</li> <li>I can tell you how being</li> </ul>	<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> <ul style="list-style-type: none"> <li>I can explain the different ways that help me learn and what I need to do to improve.</li> <li>I am confident and positive when I share my success with others.</li> <li>I can explain how these feelings can be stored in my</li> </ul>	<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> <ul style="list-style-type: none"> <li>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.</li> </ul>	<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> <ul style="list-style-type: none"> <li>I can explain how my life is influenced positively by people I know and also by people from other countries.</li> <li>I can explain why my choices might affect my family, friendships and people around the world who I don't</li> </ul>	<p>How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition</p> <ul style="list-style-type: none"> <li>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.</li> <li>I recognise how I feel about these changes happening to me and can</li> </ul>

		why it is important to feel valued.	involved with a conflict makes me feel and can offer strategies to help the situation. e.g Solve It Together or asking for help.	internal treasure chest and why this is important.	<ul style="list-style-type: none"> <li>I can express how being anxious/ scared and unwell feels.</li> </ul>	know.	suggest some ideas to cope with these feelings.
B 8-9	<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> <ul style="list-style-type: none"> <li>I can explain why being listened to and listening to others is important in my school community.</li> <li>I can explain why being democratic is important and</li> </ul>	<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> <ul style="list-style-type: none"> <li>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</li> </ul>	<p>Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes</p> <ul style="list-style-type: none"> <li>I can plan and set new goals even after a disappointing.</li> <li>I can explain what it means to be resilient and to have a positive attitude</li> </ul>	<p>Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength</p> <ul style="list-style-type: none"> <li>I can recognise when people are putting me under pressure and can explain ways to resist this when I want to.</li> <li>I can identify feelings of anxiety and fear associated with peer pressure.</li> </ul>	<p>Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and Animals</p> <ul style="list-style-type: none"> <li>I can recognise how people are feeling when they miss a special person or animal.</li> <li>I can give ways that might help me manage my feelings when missing a special person or animal.</li> </ul>	<p>Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change</p> <ul style="list-style-type: none"> <li>I can summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older.</li> <li>I can explain some of the choices I</li> </ul>	

		can help me and others feel valued.	to do about it if I'm not sure. <ul style="list-style-type: none"> <li>I can explain why it is good to accept myself and others for who we are.</li> </ul>				might make in the future and some of the choices that I have no control over. <ul style="list-style-type: none"> <li>I can offer some suggestions about how I might manage my feelings when changes happen.</li> </ul>
Year 5/6	A 9-10	<p>Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, Participating</p> <ul style="list-style-type: none"> <li>I can compare my life with other people in my country and explain why we have rules, rights and</li> </ul>	<p>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</p>	<p>Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation</p> <ul style="list-style-type: none"> <li>I can compare my hopes and dreams with those of young people from different cultures.</li> <li>I can reflect on the hopes and</li> </ul>	<p>Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behavior</p> <ul style="list-style-type: none"> <li>I can explain different roles that food and substances can play in people's lives. I can also explain</li> </ul>	<p>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</p> <ul style="list-style-type: none"> <li>I can compare different types of friendships and the feelings associated with them.</li> <li>I can also</li> </ul>	<p>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</p> <ul style="list-style-type: none"> <li>I can explain how boys and girls change during puberty and why</li> </ul>

		<p>responsibilities to try and make the school and the wider community a fair place.</p> <ul style="list-style-type: none"> <li>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.</li> </ul>	<p>offer a range of strategies to help myself and others if we become involved (directly or indirectly) in a bullying situation.</p> <ul style="list-style-type: none"> <li>I can explain why racism and other forms of discrimination are unkind.</li> <li>I can express how I feel about discriminatory behaviour.</li> </ul>	<p>dreams of young people from another culture and explain how this makes me feel.</p>	<p>how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy.</p> <ul style="list-style-type: none"> <li>I can summarise different ways that I respect and value my body.</li> </ul>	<p>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.</p> <ul style="list-style-type: none"> <li>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.</li> </ul>	<p>looking after myself physically and emotionally is important.</p> <ul style="list-style-type: none"> <li>I can also summarise the process of conception.</li> <li>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.</li> </ul>
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	<p>B 10-11</p>	<p>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</p> <ul style="list-style-type: none"> <li>I can explain how my choices can have an impact on people in my immediate community and globally.</li> <li>I can empathise with others in my community and globally and explain how this can influence the choices I make</li> </ul>	<p>Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy</p> <ul style="list-style-type: none"> <li>I can explain ways in which difference can be a source of conflict or a cause for celebration.</li> <li>I can show empathy with people in situations where their difference is a source of conflict or a cause for celebration.</li> </ul>	<p>Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments</p> <ul style="list-style-type: none"> <li>I can explain different ways to work with others to help make the world a better place.</li> <li>I can explain what motivates me to make the world a better place.</li> </ul>	<p>Taking personal responsibility How substances affect the body Exploitation, including ‘county lines’ and gang culture Emotional and mental health Managing stress</p> <ul style="list-style-type: none"> <li>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.</li> <li>I can identify and apply skills to keep myself emotionally healthy and to manage stress and pressure.</li> </ul>	<p>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</p> <ul style="list-style-type: none"> <li>I can identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control.</li> <li>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</li> </ul>	<p>Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition</p> <ul style="list-style-type: none"> <li>I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.</li> <li>I recognise how I feel when I reflect on becoming a teenager and how I feel about the development and birth of a baby.</li> </ul>
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Jigsaw PSHCE - <https://jigsawpshe.online/materials/>

login the same as RE username - ewanrigg

Password - ewanrigg1

25/26 – cycle A

26/27 – Cycle B

If the resources are there for the 2026 curriculum please use them – not all have been updated yet.