

St. Mary's Catholic High School (2017-2018)

PSHE YEAR 1 LONG TERM PLAN with CURRICULUM STANDARDS

YEAR 1	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
Term 1	Module 1		Module 2		Module 3		Module 4	
	Me and My Relationship: Special People		Me and My Relationship: Feelings		Me and My Relationship: Special Places		Light and Sound: Who helped me to grow? The people I meet each day	
	<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>	
	Identify some special people in their lives and show appreciation for the gift of their persons.		Enumerate and identify the different feelings they have experienced.		Distinguish special places in the classroom, at home and in the community.		Identify the people who have helped them to grow and appreciate the different people they meet each day.	
	WEEK 9	WEEK 10	WEEK 11	WEEK 12	WEEK 13	WEEK 14	WEEK 15	WEEK 16
Term 1	Module 5		Module 6		Module 7		Module 8	
	Light and Sound: How do I know I am growing and what new things I can do?		Healthy Lifestyle: Keep Myself Healthy		Healthy Eating: Choices of food to eat and good hygiene in handling food		Keeping Myself Safe: Who am I? Where do I live?	
	<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>	
	Discuss growing up and their different responsibilities as they grow.		Assess the importance of making and keeping healthy at all times.		Recognise ways in which they can choose and put into practice the rules at home and in school in handling food hygiene.		Develop a sense of acceptance of who they are and Identify the different places where they live and go to.	
REVISION								
YEAR 1	WEEK 17	WEEK 18	WEEK 19	WEEK 20	WEEK 21	WEEK 22	WEEK 23	WEEK 24
Term 2	Module 9		Module 10		Module 11		Module 12	
	Keeping Myself Safe: What is good about my home and what do I think I have to keep safe from?		Keeping Myself Safe: What is good about my outdoor world?		Keeping Myself Safe: What do my special people do to make me feel safe and happy?		Keeping Myself Safe: Who else has the job of keeping me safe?	
	<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>	
	Identify safe places to play indoors and develop awareness of safety strategies in different situations.		Enumerate ways of keeping safe in different places outdoor.		Describe some of the people who are special to them and identify what they do.		Recognise a wider group of people who share the responsibility for keeping them safe.	
	WEEK 25	WEEK 26	WEEK 27	WEEK 28	WEEK 29	WEEK 30	WEEK 31	WEEK 32
Term 2	Module 13		Module 14		Module 15		REVISION	
	The World of Medicines: What goes onto and into my body and what is inside my body?		The World of Medicines: When do I take medicines? How do I feel when I am ill?		The World of Medicines: How can I feel good about myself without using medicines or drugs? What helps me to feel better?			
	<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>			
	Discuss the things that go onto and into their bodies and are able to describe their feelings when touch to their bodies.		Define medicines and discuss the usefulness and the importance of taking medicines when getting sick.		Enumerate examples of 'feeling better about yourself' without using medicines.			

PSHE YEAR 2 LONG TERM PLAN with CURRICULUM STANDARDS

YEAR 2	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
	Module 1		Module 2		Module 3		Module 4	

Term 1	Me and My Relationship: Special People		Me and My Relationship: Friendship Chain		Me and My Relationship: Feelings		Me and My Relationship: Memories Play In People's Relationship	
	<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>	
	Identify some special people in their lives and show appreciation for the gift of their persons.		.Discuss the importance of friendship and the qualities of friends.		Recognize feelings of boredom and having mood swings and find ways on how to overcome them.		Appraise awareness of the unique role memories play in people's relationships.	
	WEEK 9	WEEK 10	WEEK 11	WEEK 12	WEEK 13	WEEK 14	WEEK 15	WEEK 16
Term 1	Module 5		Module 6		Module 7		REVISION	
	Me and My Relationship: What Makes A Happy and Healthy Neighbourhood?		Taking responsibility for my healthy lifestyle: Is ours a healthy and health - promoting school?		Taking responsibility for my healthy lifestyle: Whose job is it to keep me healthy? Healthy Eating			
	<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>			
	Compare ways on how they can make their neighborhood a happy and healthy one.		Identify school's 'health rules' and explain how they can help promote these rules.		Distinguish people whose job is to keep children healthy and discuss on how they can take on some more responsibilities.			
YEAR 2	WEEK 17	WEEK 18	WEEK 19	WEEK 20	WEEK 21	WEEK 22	WEEK 23	WEEK 24
Term 2	Module 8		Module 9		Module 10		Module 11	
	My Healthy Body: What Exercise Do I Take?		Keeping Myself Safe: Where are my favourite outdoor fun places?		Keeping Myself Safe: Stranger, Danger!		Keeping Myself Safe: What Makes Indoor Places Fun and Exciting?	
	<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>	
	Analyze the importance of making body exercise a regular habit.		Identify their outdoor fun places and different aspects of safety.		Analyze the importance of recognizing your parents and relatives and be able to be careful with strangers.		Identify indoor places in which they consider as fun and exciting.	
	WEEK 25	WEEK 26	WEEK 27	WEEK 28	WEEK 29	WEEK 30	WEEK 31	WEEK 32
Term 2	Module 12		Module 13		Module 14		REVISION	
	Keeping Myself Safe: Using The Road		Save Money		The World of Drugs: Who uses, needs and handles drugs?			
	<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>			
	Analyze the importance of road safety rules and able to follow them at all times.		Explore on where money comes from and how to spend it responsibly.		Categorize the people who use, need and handle drugs.			

PSHE YEAR 3 LONG TERM PLAN with CURRICULUM STANDARDS

YEAR 3	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
Term 1	Module 1	Module 2		Module 3		Module 4	Module 5	
	Who Am I?	Similarities and Differences		The Work People Do		Right and Wrong	Rules	
	<i>Learning Obj</i>	<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>	<i>Learning Obj</i>	
	Value everyone's interest and acknowledge that everyone is special.	Identify how we are similar to and different from others.		Identify, describe and evaluate the work people do in the neighbourhood and school.		Reason out what is right and wrong in given situations.	Develop awareness on the needs for rules and revise the existing rules if needed.	
	WEEK 9	WEEK 10	WEEK 11	WEEK 12	WEEK 13	WEEK 14	WEEK 15	WEEK 16
	Module 6		Module 7		Module 8		Module 9	
	Responsibilities		Communities		Growing and Changing		Harmful Materials	

Term 1	<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>		REVISION
	Define responsibilities and list the reasons why they are important.		1. Explain why community is important. 2. Identify the people who help in the community.		Identify the significant changes in one's life.		Name samples of harmful materials and identify ways on how to take responsibility for safety.		

YEAR 3	WEEK 17	WEEK 18	WEEK 19	WEEK 20	WEEK 21	WEEK 22	WEEK 23	WEEK 24
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Term 2	Module 10		Module 11		Module 12		Module 13	
	Dangerous Places		Help!		Things that Influence Us		Togetherness	
	<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>	
	Identify possible dangers that could happen in different places and how to avoid them.		Name ways and procedures in dealing with emergencies.		Recognise the things that influence them and how to react properly.		Discuss the importance of a family and the nature of relationships.	

	WEEK 25	WEEK 26	WEEK 27	WEEK 28	WEEK 29	WEEK 30	WEEK 31	WEEK 32
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Term 2	Module 14		Module 15		Module 16		REVISION
	What is a friend?		Other People's Feelings		Bullying		
	<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>		
	Define what a friend is and enumerate friendly qualities.		Define and describe ways that will show empathy.		Recognise a bully and name ways of dealing with them.		

PSHE YEAR 4 LONG TERM PLAN with CURRICULUM STANDARDS

YEAR 4	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
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Term 1	Module 1		Module 2		Module 3	Module 4	Module 5	
	Different Feelings		What makes me feel this way?		Points of View	I Can Do It	Talking About Issues	
	<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>	<i>Learning Obj</i>	<i>Learning Obj</i>	
	Recognise people's feelings and explain how to deal with them.		Analyse and discuss the cause of the different feelings.		Express their opinions and explain their views on issues that affect themselves and the society.	Develop children's sense of self – worth.	Encourage children to express their own ideas and feelings about issues of importance to them.	

	WEEK 9	WEEK 10	WEEK 11	WEEK 12	WEEK 13	WEEK 14	WEEK 15	WEEK 16
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Term 1	Module 6		Module 7		Module 8	Module 9		REVISION
	Doing the Right Thing		Making Decisions		Consequences	Growing and Changing		
	<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>	<i>Learning Obj</i>		
	Plan and demonstrate how to behave in a responsible way.		Develop an awareness of making the right decision.		Realise the consequences of antisocial and aggressive behavior on individual and the community.	Realise how our bodies and lifestyle changes.		

YEAR 4	WEEK 17	WEEK 18	WEEK 19	WEEK 20	WEEK 21	WEEK 22	WEEK 23	WEEK 24
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Term 2	Module 10	Module 11		Module 12		Module 13		Module 14
	Leisure and Work	Exercise		Coping with Stress		Personal Safety		Influences
	<i>Learning Obj</i>	<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>
	Develop an understanding of the ways in which leisure activities can promote mental and physical health.	Value the benefits of exercise.		Propose ideas on how to deal with worries and problems.		Evaluate and explore feelings of discomfort when put under pressure.		Analyse what makes a healthy lifestyle and discuss how to make informed choices.
	WEEK 25	WEEK 26	WEEK 27	WEEK 28	WEEK 29	WEEK 30	WEEK 31	WEEK 32
Term 2	Module 14	Module 15		Module 16		Module 17		REVISION
	Influences	Changing Friendship		Looking After Friendship		Family Fall-outs		
	<i>Learning Obj</i>	<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>		
	Analyse what makes a healthy lifestyle and discuss how to make informed choices.	Examine and discuss feelings caused by moving away from friends and family.		Propose ways of keeping in touch with friends.		Recognise the different views of the people.		

PSHE YEAR 5 LONG TERM PLAN with CURRICULUM STANDARDS

YEAR 5	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
Term 1	Module 1			Module 2		Module 3		
	Personal Qualities			Teasing and Offensive Behaviour		Learning from Mistakes		
	<i>Learning Obj</i>			<i>Learning Obj</i>		<i>Learning Obj</i>		
	Recognise their worth as individuals by identifying positive things about themselves.			Be familiar that actions affect themselves and others, to care about other people's feelings.		Recognize worth as individuals by seeing their mistakes and making amends.		
	WEEK 9	WEEK 10	WEEK 11	WEEK 12	WEEK 13	WEEK 14	WEEK 15	WEEK 16
Term 1	Module 4			Module 5		Module 6		
	Anti- Social Behaviour			Responsibilities in the Family		Responsibilities in the School		
	<i>Learning Obj</i>			<i>Learning Obj</i>		<i>Learning Obj</i>		
	Realise the consequence of anti-social and aggressive behaviour such as bullying and racism on individuals and communities.			Explore the different kinds of responsibilities, rights and duties at home, at school and in the community, and that these can sometimes conflict with each other.		Recognise the importance of behaving responsibly in different school contexts.		
YEAR 5	WEEK 17	WEEK 18	WEEK 19	WEEK 20	WEEK 21	WEEK 22	WEEK 23	WEEK 24
Term 2	Module 7			Module 8		Module 9		
	Services			Debating On Environmental Issues		Clean Choices		
	<i>Learning Obj</i>			<i>Learning Obj</i>		<i>Learning Obj</i>		
	Develop awareness of what public services are and which are provided within the local community environment.			Consider that resources can be allocated in different ways and that these economic choices affect individuals, communities of the environment.		Identify ways to have a healthy lifestyle.		

	WEEK 25	WEEK 26	WEEK 27	WEEK 28	WEEK 29	WEEK 30	WEEK 31	WEEK 32
Term 2	Module 10			Module 11			REVISION	
	Weighing it Up			Prejudice				
	<i>Learning Obj</i>			<i>Learning Obj</i>				
	Explore how the media present information and discuss what makes a healthy lifestyle.			Assess the nature and consequences of racism, teasing, bullying and aggressive behaviour and how to respond to them and ask for help.				

PSHE YEAR 6 LONG TERM PLAN with CURRICULUM STANDARDS

YEAR 6	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
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Term 1	Module 1			Module 2			Module 3	
	Growing Independence			Dealing with Bullying			Rights and Responsibilities in the Community	
	<i>Learning Obj</i>			<i>Learning Obj</i>			<i>Learning Obj</i>	
	Recognise worth as individuals by identifying positive things about themselves and their achievements.			Assess the consequences of anti-social and aggressive behaviour.			Explore why and how rules and laws are made and enforced, why different rules are needed in different situations and how to take part in making and changing rules.	

	WEEK 9	WEEK 10	WEEK 11	WEEK 12	WEEK 13	WEEK 14	WEEK 15	WEEK 16
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Term 1	Module 4			Module 5			Module 6	
	Anti- Social Behaviour			Decision about Resources			Pressure Groups	
	<i>Learning Obj</i>			<i>Learning Obj</i>			<i>Learning Obj</i>	
	Realise the consequences of anti-social and aggressive behaviour such as bullying and racism on individuals and communities.			Recognise that resources can be allocated on different ways and that these economic choices affect individuals, communities and the sustainability of the environment.			Identify the role of voluntary, community and pressure groups.	

YEAR 6	WEEK 17	WEEK 18	WEEK 19	WEEK 20	WEEK 21	WEEK 22	WEEK 23	WEEK 24
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Term 2	Module 7			Module 8			Module 9	
	Personal Safety			Coping with Pressure			Resolving Differences	
	<i>Learning Obj</i>			<i>Learning Obj</i>			<i>Learning Obj</i>	
	Assess the different risks in different situations and decide how to behave responsibly including judging what kind of physical contact is acceptable or unacceptable.			Recognise the risks in different situations and decide how to behave responsibly.			Resolve differences by looking at alternatives, making decisions and explaining choices.	

	WEEK 25	WEEK 26	WEEK 27	WEEK 28	WEEK 29	WEEK 30	WEEK 31	WEEK 32
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Term 2	Module 10			Module 11			REVISION	
	Money Matters			Celebrating Variety				
	<i>Learning Obj</i>			<i>Learning Obj</i>				
	Look after their money and realise that future wants and needs may be met through saving.			Explore the difference among people arise from a number of factors including cultural, ethnic, racial and religious diversity, gender and disability.				

PSHE YEAR 7 LONG TERM PLAN with CURRICULUM STANDARDS

YEAR 7	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
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	Module 1			Module 2			Module 3	
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Term 1	Rules to Live By			You and Your Friends		Family Pressures		
	<i>Learning Obj</i>			<i>Learning Obj</i>		<i>Learning Obj</i>		
	Follow the rules and regulations at home and in school.			Define what friendship is and how to cope when friendship run into problems.		Discuss the different family problems and pressures that the young people are experiencing.		

	WEEK 9	WEEK 10	WEEK 11	WEEK 12	WEEK 13	WEEK 14	WEEK 15	WEEK 16
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Term 1	Module 4			Module 5		Module 6			REVISION
	Resolving Personal Conflict			Dealing with Bullying		Emergency			
	<i>Learning Obj</i>			<i>Learning Obj</i>		<i>Learning Obj</i>			
	Compare the three (3) tools / techniques to be used in solving personal conflict.			Differentiate between bullying and having a laugh and identify ways on how to deal with it.		Demonstrate some ways on how to cope in an emergency situations.			

YEAR 7	WEEK 17	WEEK 18	WEEK 19	WEEK 20	WEEK 21	WEEK 22	WEEK 23	WEEK 24
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Term 2	Module 7			Module 8		Module 9		
	Rights and Responsibilities			Respecting others		A Multicultural Community		
	<i>Learning Obj</i>			<i>Learning Obj</i>		<i>Learning Obj</i>		
	Identify their rights and its corresponding responsibilities as human beings.			Categorize some of the problems of juvenile crime.		Describe what it means to live in a multicultural society.		

	WEEK 25	WEEK 26	WEEK 27	WEEK 28	WEEK 29	WEEK 30	WEEK 31	WEEK 32
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Term 2	Module 10			Module 11		REVISION		
	Why Do They Do It?			Every Little Helps				
	<i>Learning Obj</i>			<i>Learning Obj</i>				
	Distinguish the different voluntary or charity groups and its corresponding work.			Develop an awareness of how they can take responsibility for world problems.				

PSHE YEAR 8 LONG TERM PLAN with CURRICULUM STANDARDS

YEAR 8	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
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Term 1	Module 1			Module 2		Module 3		
	Future Hopes			Nature of Work		Keeping Safe - Out and About		
	<i>Learning Obj</i>			<i>Learning Obj</i>		<i>Learning Obj</i>		
	Make wise decision on their plans for their possible career choices for their future.			See the connection of work in the 19th century to our modern trends of work today.		Explore on proper and improper behaviours when out with family and friends.		

	WEEK 9	WEEK 10	WEEK 11	WEEK 12	WEEK 13	WEEK 14	WEEK 15	WEEK 16
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Term 1	Module 4			Module 5		Module 6			REVISION
	Habits for a Life Time			Learnig to Relax		Emergency Aid			
	<i>Learning Obj</i>			<i>Learning Obj</i>		<i>Learning Obj</i>			
	Make a direct connection between today's trends in eating-habits and its risks and impact on one's health.			Discover the good effects and benefits of relaxation in keeping one's lifestyle healthy.		Have a clear knowledge on how to deal with person who faints or is unconscious.			

YEAR 8	WEEK 17	WEEK 18	WEEK 19	WEEK 20	WEEK 21	WEEK 22	WEEK 23	WEEK 24
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Term 2	Module 7			Module 8		Module 9		
	Dealing with Death			Groups in Society - The Elderly		Groups in Society - Those with Beliefs		

Term	<i>Learning Obj</i>			<i>Learning Obj</i>		<i>Learning Obj</i>		
	Probe into the certainty of death in one's life as one deals with the death of a loved one.			Explore on the conditions of elderly people and how to treat them properly and avoid stereotyping.		Explore on those with different beliefs and find ways to avoid stereotyping them.		
	WEEK 25	WEEK 26	WEEK 27	WEEK 28	WEEK 29	WEEK 30	WEEK 31	WEEK 32
Term 2	Module 10			Module 11				
	Regional Differences			Teaching Tomorrow's Adults				
	<i>Learning Obj</i>			<i>Learning Obj</i>				
	Make a clear description on the culture and tradition of people based on their regional differences.			Examine the role of UNICEF in empowering children.				
REVISION								