	St. Mary's Catholic High School (2016-2017)									
	PSHE GRADE 1 LONG TERM PLAN with CURRICULUM STANDARDS									
GRADE 1	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8		
	Module 1 (1)	Module 2 (1)	Module 3 (1)	Module 4 (1)	Module 5 (1)	Module 6 (1)		ule 7 (2)		
	Me and My Relationship: Special People	Me and My Relationship: Friends and Friendship	Me and My Relationship: Feelings	Memories	Me and My Relationship: Special Places	Light and Sound: Who helped me to grow? The people I meet each day	Light and Sound: How do I know I am growing and what new things I can do?			
Term 1	Learning Obj	Learning Obj	Learning Obj	Learning Obj	Learning Obj	Learning Obj		rning Obj		
Те	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 a true friend	Enumerate and identify the different feelings they have experienced	Recall memories and share some of their happiest moments	Distinguish special places in the classroom, at home and in the community	Identify the people who helped them to grow and appreciate the different people they meet each day		ies as they grow		
	WEEK 9	WEEK 10	WEEK 11	WEEK 12	WEEK 13	WEEK 14	WEEK 15	WEEK 16		
	Module 8 (1)	Module 9 (1)	<u>Module</u>			e 11 (2)				
1	Healthy Lifestyle: Characteristics and Activities	Healthy Lifestyle: Keep Myself Healthy	Healthy Eating: Choices hygiene in ha		Keeping Myself Safe: W	ho am I? Where do I live?				
Term 1	Learning Obj	Learning Obj	Learnir	<u> </u>		ing Obj	RE'	VISION		
Τe	Recognise components of healthy lifestyle and their increasing responsibilities	Assess the importance of making and keeping healthy at all times	Recognise ways in which th practice the rules at home ar hygi	nd in school in handling food		otance of who they are and s where they live and go to	7			
GRADE 1	WEEK 17	WEEK 18	WEEK 19	WEEK 20	WEEK 21	WEEK 22	WEEK 23	WEEK 24		
	Module 12 (2)		Module			e 14 (2)		ule 15 (2)		
Term 2	Keeping Myself Safe: What is good about my home and what do I think I have to keep safe from?		Keeping Myself Safe: What wor	ld?	do to make me fe	hat do my special people el safe and happy?	Keeping Myself Safe: Who else has the job o keeping me safe?			
Te	Identify safe places to	olay indoors and develop egies in different situations	Learnin Enumerate ways of keepin outd	ng safe in different places	Describe some of the peop	ing Obj ple who are special to them what they do	WEEK 7 Light and Sound: How and what new and what new and what new Discuss growing responsibility WEEK 15 WEEK 15 WEEK 23 Modu Keeping Myself Safe: keeping keeping Recognise a wider grow responsibility for wEEK 31 REV	rning Obj up of people who share the r keeping them safe		
	WEEK 25	WEEK 26	WEEK 27	WEEK 28	WEEK 29	WEEK 30	WEEK 31	WEEK 32		
	<u>Modul</u>	e 16 (2)	Module 17 (1)	Module 18 (1)	Module 19 (1)	Module 20 (1)	WEEK 15 R WEEK 23 WEEK 23 WEEK 23 Keeping Myself Sakeep Recognise a wider gresponsibility WEEK 31 R R			
Term 2	my body and what	: What goes onto and into : is inside my body?	The World of Medicines: When have I had to take medicines? Where did the medicine come from?	The World of Medicines: How do I feel when I am ill? What helps me to feel better?	The World of Medicines: Injections	The World of Medicines: How can I feel good about myself without using medicines or drugs?	RE'	VISION		
Te	Learning Obj Discuss the things that go onto and into their bodies and are able to describe their feelings when touch to their bodies		Learning Obj Define medicines and discuss the overview of where medicines come from	Learning Obj Discuss the usefulness and the importance of taking medicines when getting sick	Learning Obj Identify people who need injections and explain the positive aspects of it and the safety precautions	Learning Obj Enumerate examples of 'feeling better about yourself' without using medicines				
		PSHE GR	ADE 2 LONG	TERM PLAN w	ith CURRICUL	UM STANDAF	RDS			
GRADE 2	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8		
	<u>Modu</u>	le 1 (2)	<u>Module</u>	2 (2)	<u>Modul</u>	e 3 (2)	Module 4 (1)	Module 5 (1)		
m 1	Me and My Relationship: Special People		Me and My Relationsh	nip: Friendship Chain	Me and my Relat	tionship: Feelings	Relationship: Memories Play In	Me and My Relationship: What Makes A Happy And Healthy Neighbourhood?		
Term	Learn	ing Obj	Learnii	ng Obj	Learn	ing Obj	Learning Obj	Learning Obj		

	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 swings and find ways on how to overcome them		Appraise awareness of the unique role memories play in people's relationships	Compare ways on how they can make their neighborhood a happy and healthy one				
	WEEK 9	WEEK 10	WEEK 11	WEEK 12	WEEK 13	WEEK 14	WEEK 15	WEEK 16
1	Module 6 (2) Taking responsibility for my healthy lifestyle: Is ours a healthy and health - promoting school?		Module 7 (1) Taking responsibility for my healthy lifestyle: Whose job is it to keep me healthy?	Module My Healthy Body			y's Defence Systems	
Term	Identify school's 'health rule	ing Obj es' and explain how they can e these rules	Learning Obj Distinguish people whose job is to keep children healthy and discuss on how they can take on some more responsibilities	Learnin Discuss the importance of 'Eating I	Eating Healthy Food' and	Learning Distinguish the difference system and inner of	between outer defence	REVISION
GRADE 2	WEEK 17	WEEK 18	WEEK 19	WEEK 20	WEEK 21	WEEK 22	WEEK 23	WEEK 24
	<u>Module</u>	<u>e 10 (2)</u>	<u>Module</u>		<u>Modul</u>	e 12 (2)		lle 13 (2)
n 2	My Healthy Body: Wh	at Exercise Do I Take?	Keeping Myself Safe: Where fun pla	_	Keeping Myself Sa	fe: Stranger, Danger!		What Makes Indoor Places d Exciting?
Term	Learni	<u> </u>	Learnir	<u> </u>		ing Obj		ning Obj
		of making body exercise a or habit	Identify their outdoor fun plac safe	•		of recognizing your parents to be careful with strangers		which they consider as fun exciting
	WEEK 25	WEEK 26	WEEK 27	WEEK 28	WEEK 29	WEEK 30	WEEK 31	WEEK 32
-	<u>Module</u>	<u>e 14 (2)</u>	<u>Module</u>	<u>15 (2)</u>	Module 16 (1)	Module 17 (1)	Module 18 (1)	
n 2	Keeping Myself Safe: Using The Road		Save M	Money	The World of Drugs: How do things get into my body system?	The World of Drugs: Who uses drugs and needs drugs? The World of Drugs: Feeling Better, Feeling Great		REVISION
Term		ng Obj	Learnir	<u> </u>	Learning Obj	Learning Obj	Learning Obj	REVISION
	Analyze the importance of r follow them		Explore on where money com respor		Describe the ways things get into their bodies and identify its results	Categorize the people who use drugs and need drugs		
		PSHE GR	ADE 3 LONG	TERM PLAN w	ith CURRICUL	UM STANDAF	RDS	
GRADE 3	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
	Module 1 (1)	<u>Modu</u>	le 2 (2)	Module 3 (1)	Module 4 (1)	Module 5 (1)	Mod	ule 6 (2)
	Who Am I?		nd Differences	Setting Targets	The Work People Do	Right and Wrong		tules
irm 1	Learning Obj Value everyone's interest		r to and different from others	Learning Obj Identify one's abilities and	Learning Obj Identify, describe and	Learning Obj Reason out what is right	1	ning Obj n the needs for rules and
Ter	and acknowledge that everyone is special	identity now we are similar	to and unrecent from others	name ways to develop them	evaluate the work people do in the neighbourhood and school	and wrong in given situations	•	ing rules if needed
	WEEK 9	WEEK 10	WEEK 11	WEEK 12	WEEK 13	WEEK 14	WEEK 15	WEEK 16
	<u>Modul</u>	e 7 (2)	Module	<u>8 (2)</u>	Modu	le 9 (2)	Module 10 (1)	
	Responsiblities		Commu	unities	Growing and Changing		Harmful Materials	
1	Learning Obj		Learnir	<u> </u>	Learning Obj		Learning Obj	
Term	•	nd reasons why they are ortant	Explain why come Identify the people when		Identify the significar	nt changes in one's life	Name samples of harmful materials and identify ways on how to take responsibility for safety	REVISION
GRADE 3	WEEK 17	WEEK 18	WEEK 19	WEEK 20	WEEK 21	WEEK 22	WEEK 23	WEEK 24
	Module	<u>e 11 (2)</u>	Module	12 (2)	Modul	e 13 (2)	Modu	le 14 (2)

2	Dangero	us Places	He	lp!	Things that	Influence Us	Toge	getherness	
Term		ing Obj	Learnii	• •		ing Obj		ning Obj	
Te	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 i	l '		of a family and the nature of ionships	
	WEEK 25	WEEK 26	WEEK 27	WEEK 28	WEEK 29	WEEK 30	WEEK 31	WEEK 32	
2	Module 15 (1)	<u>Module</u>	e 16 (2)	<u>Module</u>	<u>17 (2)</u>	Module 1	<u>18 (2)</u>		
			le's Feelings	Understand		Bully	_		
Term	Learning Obj Define what a friend is and enumerate friendly qualities		ing Obj ys that will show empathy	Learnir Discuss on how to ma		Learning Recognise a bully and nar ther	me ways of dealing with	REVISION	
		PSHE GR	ADE 4 LONG	TERM PLAN w	ith CURRICUL	UM STANDA	RDS		
GRADE 4	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	
	<u>Modul</u>	e 1 (2)	<u>Module</u>	2 (2)	Module 3 (1)	Module 4 (1)	Mod	ule 5 (2)	
	Different	Feelings	What makes m	e feel this way	Points of View	I Can Do It	Talking A	About Issues	
Term 1	Recognise people's feelin	ing Obj gs and explain how to deal them	Learnii Analyse and discuss the ca		Learning Obj Express their opinions and explain their views on issues that affects themselves and the society	Learning Obj Develop children's sense of self – worth	Encourage children to e	express their own ideas and s of importance to them	
	WEEK 9	WEEK 10	WEEK 11	WEEK 12	WEEK 13	WEEK 14	WEEK 15	WEEK 16	
	Module 6 (2)		<u>Module</u>	<u>e 7 (2)</u>	Module 8 (1)	<u>Module</u>			
	Doing the Right Thing		Making D	ecisions	Consequences	Growing and Changing			
1	Learning Obj		Learnii	earning Obj Learning Obj Learning Obj		g Obj			
Term		v to behave in a responsible ay	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	REVISION	
GRADE 4	WEEK 17	WEEK 18	WEEK 19	WEEK 20	WEEK 21	WEEK 22	WEEK 23	WEEK 24	
	Module 10 (1)	<u>Module</u>	e 11 (2)	<u>Module</u>	12 (2)	Module 1	13 (2)	Module 14 (1)	
	Leisure and Work		rcise	Coping wi		Personal		Influences	
Term 2	Learning Obj Develop an understanding of the ways in which leisure activities can promote mental and physical health		ing Obj efits of exercise	Learnir Propose ideas on how to	deal with worries and	Learning Evaluate and explore feeli put under p	ngs of discomfort when	Learning Obj 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	
	Module 14 (1)	Module	<u>e 15 (2)</u>	Module	Module 16 (2)		Module 17 (2)		
	Influences		Friendship	Looking After Friendship		Family Fall-outs			
Term 2	Learning Obj Analyse what makes a healthy lifestyle and discuss how to make informed choices	Examine and discuss feeling	ing Obj ngs caused by moving away s and family	Learnir Propose ways of keepir		Learning Recognise the different		REVISION	

	Module 3 (2) Learning from Mistakes Learning Obj e worth as individuals by seeing their histakes and making amends	MEEK 7 Module A to Z of Learnin Recognize how people's e to deal with feelings toward	Feelings
Personal Qualities Teasing and Offensive Behaviour Learning Obj 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 n	Learning from Mistakes Learning Obj e worth as individuals by seeing their listakes and making amends	A to Z of Learnin Recognize how people's eto deal with feelings toward	Feelings
Learning Obj Recognise their worth as individuals by identifying positive things about themselves Learning Obj Be familiar that actions affect themselves and others, to care about other people's feelings n	Learning Obj e worth as individuals by seeing their histakes and making amends	Learnin Recognize how people's e to deal with feelings toward	
positive things about themselves care about other people's feelings n	e worth as individuals by seeing their iistakes and making amends	Recognize how people's e to deal with feelings toward	ng Obj
positive things about themselves care about other people's feelings n	istakes and making amends	to deal with feelings toward	
WEEK 9 WEEK 10 WEEK 11 WEEK 12 WEE	K 13 WEEK 14	and others in a	
		WEEK 15	WEEK 16
Module 5 (2) Module 6 (2)	Module 7 (2)	Module 8 (1)	
Right and Wrong Anti-Social Behavior Ro	esponsibilities in the family	Responsibilities in the School	
Learning Obj Learning Obj	Learning Obj	Learning Obj	DE\#010\1
care about people's feelings and to try to see things behavior such as bullying and racism on individuals and duties at hor	ferent kinds of responsibilities, rights and ne, at school and in the community, and can sometimes conflict with each other	Recognise the importance of behaving responsibly in different school contexts	REVISION
GRADE 5 WEEK 17 WEEK 18 WEEK 19 WEEK 20 WEE	K 21 WEEK 22	WEEK 23	WEEK 24
Module 9 (2) Module 10 (2)	Module 11 (2)	Module	12 (2)
Services Debating on Environmental Issues	Clean Choices	Unsafe	safe Places
Learning Obj Learning Obj Develop awareness of what public services are and Consider that resources can be allocated in different ways Identi	Learning Obj	Learning Obj	
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	y ways to have a healthy lifestyle	Explore rules about he emergency aid procedure	
WEEK 25 WEEK 26 WEEK 27 WEEK 28 WEE	K 29 WEEK 30	WEEK 31	WEEK 32
Module 13 (2) Module 14 (2)	Module 15 (3)		
Weighing It Up Emergency	Prejudice		
	Learning Obj he nature and consequences of racism, t		REVISION
understand what makes a healthy lifestyle emergency procedures and where to get help aggres	sive behavior and how to respond to the	m and ask for help	
PSHE GRADE 6 LONG TERM PLAN with CUF	RICULUM STANDAI	RDS	
GRADE 6 WEEK 1 WEEK 2 WEEK 3 WEEK 4 WEEK	K 5 WEEK 6	WEEK 7	WEEK 8
Module 1 (2) Module 2 (2)	Module 3 (2)	Module	2 4 (2)
Growing Independence New School	Dealing with Bullying	Interpreting Rig	ght and Wrong
Learning Obj Recognise worth as individuals by identifying positive Explore skills, knowledge and understanding through Assess	Learning Obj	Learnir	-
Recognise worth as individuals by identifying positive things about themselves and their achievements Explore skills, knowledge and understanding through opportunities to take responsibility, to feel positive about themselves and to prepare for change	he consequences of anti-social and aggressive behavior	Reflect on spiritual, moral, using imagination to und experi	derstand other people's
WEEK 9 WEEK 10 WEEK 11 WEEK 12 WEE	K 13 WEEK 14	WEEK 15	WEEK 16
Module 5 (2) Module 6 (2)	Module 7 (2)	Module 8 (1)	
Rights and Responsibilities in the Community Anti-social Behavior	Decision about Resources	Pressure Groups	
Learning Obj Learning Obj	Learning Obj	Learning Obj	
Explore why and how rules and laws are made and Realise the consequences of anti-social and aggressive Recognise the	at resources can be allocated on different	t Identify the role of	REVISION
enforced, why different rules are needed in different benavior such as bullying and racism on individuals and ways and	I that these economic choices affect communities and the sustainability of the environment	voluntary, community and pressure groups	

GRADE 6	WEEK 17	WEEK 18	WEEK 19	WEEK 20	WEEK 21	WEEK 22	WEEK 23	WEEK 24	
	<u>Module</u>	<u>e 9 (2)</u>	<u>Module</u>	<u>10 (2)</u>	<u>Module</u>	<u>: 11 (2)</u>	<u>Modu</u>	le 12 (2)	
	Personal Safety		Coping with	n Pressure	A Healthy Mind		Beating the Bugs		
.m 2	Learnii		Learnin			ng Obj		ning Obj	
Term	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 differer to behave re		Examine what makes a healthy lifestyle, including what affects mental health, and how to make informed choices		Assess what makes a healthy lifestyle and how to make informed choices		
	WEEK 25	WEEK 26	WEEK 27	WEEK 28	WEEK 29	WEEK 30	WEEK 31	WEEK 32	
	Module 13 (2)		Module	14 (2)		Module 15 (3)			
2	Resolving I	Differences	Money M	Matters		Celebrating Variety			
Term	Learnii	•	Learnin	• •		Learning Obj		REVISION	
-	Resolve differences by look decisions and ex		Look after their money and re needs may be me			ong people arise from a num al and religious diversity, gen			
		PSHE GR	ADE 7 LONG	TERM PLAN w	ith CURRICUL	UM STANDAF	RDS		
GRADE 7	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	
	<u>Module</u>	Module 1 (2)		2 (2)	Module 3 (2)		WEEK 7 Module 8 (1) Lying, Cheating and Stealing Learning Obj	ule 4 (2)	
← 1	Rules to	Live By	You and Yo	ur Friends	Change :	and Loss	Family	Pressures	
Term 1	Learnii		Learnin		Learning Obj			ning Obj	
	Follow the rules and regulat	tions at home and in school	Define what friendship is and run into p				Discuss the different family problems and pressi that the young people are experiencing		
	WEEK 9	WEEK 10	WEEK 11	WEEK 12	WEEK 13	WEEK 14	WEEK 15	WEEK 16	
_	Module 5 (2)		Module	6 (2)	Module 7 (2)				
	Resolving Personal Conflict		Dealing Wit	h Bullying	Emergency				
n 1	Learning Obj Compare the three (3) tools / techniques to be used in		Learnin Differentiate between bullyir	<u> </u>	Learning Obj Demonstrate some ways on how to cope in an			D=1/(0101)	
Term	solving pers	•	identify ways on h			y situations	that the young peop WEEK 15 Module 8 (1) Lying, Cheating and Stealing Learning Obj Assess the implications of antisocial behaviour at personal, local and national levels	REVISION	
GRADE 7	WEEK 17	WEEK 18	WEEK 19	WEEK 20	WEEK 21	WEEK 22	WEEK 23	WEEK 24	
	<u>Module</u>	e 9 (2)	Module	10 (2)	Module	11 (2)	Modu	le 12 (2)	
2	Rights and Re	esponsibilities	Respectin	g Others	A Multicultur	al Community	Living in th	ne Community	
Term	Learnii Identify their rights a responsibilities a	nd its corresponding	Learnin Categorize some of the pr	- -		ing Obj ive in a multicultural society	Identify the different local	Learning Obj erent local communities and its role in the community	
	WEEK 25	WEEK 26	WEEK 27	WEEK 28	WEEK 29	WEEK 30	WEEK 31	WEEK 32	
	<u>Module</u>	13 (2)	Module	14 (2)	Module 15 (3)				
2	Why Do T	hey Do It?	A Global Co	ommunity	Every Little Helps				
erm	Learnii		Learnin	• •		Learning Obj		REVISION	
-	Distinguish the different voluits correspond	untary or charity groups and onding work	Discuss the importance of a participat	,	Develop an awareness of	how they can take responsib	oility for world problems		
		PSHE GR	ADE 8 LONG 1	TERM PLAN w	ith CURRICUL	UM STANDAR	RDS		
GRADE 8	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	
	<u>Module</u>	e 1 (2)	<u>Module</u>	2 (2)	Modul	e 3 (2)	Modu	<u>ule 4 (2)</u>	

П	Future Hopes		The Natur	e of Work	High-risk	Behaviour	Keeping Safe- Out and About		
Term	Learning Obj		Learnii	ng Obj	Learning Obj		Learning Obj		
Tel	Make wise decision on their plans for their possible career choices for their future		See the connection of work modern trends	k in the 19th century to our			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	
	<u>Modul</u>	<u>e 5 (2)</u>	<u>Module</u>	<u>e 6 (2)</u>	Module 7 (2)		Module 8 (1)		
	Habits for	a Lifetime	Learning	to Relax	Emergency Aid		Knowing the Law		
\vdash	Learni	ing Obj	Learnii	ng Obj	Learn	ing Obj	Learning Obj		
Term :	Make a direct connection between today's trends in eating-habits and its risks and impact on one's health		Discover the good effects a keeping one's I		Have a clear knowledge on how to deal with person who fainted or is unconscious		Examine the wide scope of drug usage and drug misuse as well as the laws	REVISION	
							governing it		
GRADE 8	WEEK 17	WEEK 18	WEEK 19	WEEK 20	WEEK 21	WEEK 22	WEEK 23	WEEK 24	
	Module 9 (2)		<u>Module</u>	<u>10 (2)</u>	Module 11 (2)		Module 12 (2)		
2	Dealing with Death		Groups in Socie	ety - The Elderly	Groups in Society- Those with Beliefs		Kicking	Module 12 (2) Kicking Out Racism	
Term	Learni	ing Obj	Learnii	ng Obj	Emergency Aid Learning Obj Have a clear knowledge on how to deal with person who fainted or is unconscious WEEK 21 WEEK 22 WEEK 23 Module 11 (2) Groups in Society- Those with Beliefs Learning Obj Examine the wide scope of drug usage and drug misuse as well as the laws governing it WEEK 23 Module 12 Groups in Society- Those with Beliefs Learning Obj Explore on those with different beliefs and find ways to avoid stereotyping them and how not to have prejudice on them WEEK 29 WEEK 30 WEEK 31 Module 15 (3)	ning Obj			
Te	Probe into the certainty of death in one's life as one deals with the death of a loved one		Explore on the conditions o treat them properly ar		avoid stereotyping them and how not to have prejudice			plore on the concept of what racism is and the ways to prevent or eradicate it	
	WEEK 25	WEEK 26	WEEK 27	WEEK 28	WEEK 29	WEEK 30	WEEK 31	WEEK 32	
	Module	Module 13 (2)		14 (2)	Module 15 (3)				
2	Forms of G	Forms of Government		Differences	Teaching Tomorrow's Adults				
Term	Learni	ing Obj	Learnii	ng Obj		Learning Obj		REVISION	
Ë	Probe on the different forms of government governing different countries in the world		Make a clear description on people based on their		Examine the role of UNICEF in empowering children				