

# St. Mary's Catholic High School (2018-2019)

## 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	<a href="#">Module 1</a>		<a href="#">Module 2</a>		<a href="#">Module 3</a>		<a href="#">Module 4</a>	
	<b>Me and My Relationship: Special People</b>		<b>Me and My Relationship: Feelings</b>		<b>Me and My Relationship: Special Places</b>		<b>Light and Sound: Who helped me to grow? The people I meet each day</b>	
	<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	<a href="#">Module 5</a>		<a href="#">Module 6</a>		<a href="#">Module 7</a>		<a href="#">Module 8</a>	
	<b>Light and Sound: How do I know I am growing and what new things I can do?</b>		<b>Healthy Lifestyle: Keep Myself Healthy</b>		<b>Healthy Eating: Choices of food to eat and good hygiene in handling food</b>		<b>Keeping Myself Safe: Who am I? Where do I live?</b>	
	<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.	
							<b>REVISION</b>	
YEAR 1	WEEK 17	WEEK 18	WEEK 19	WEEK 20	WEEK 21	WEEK 22	WEEK 23	WEEK 24
Term 2	<a href="#">Module 9</a>		<a href="#">Module 10</a>		<a href="#">Module 11</a>		<a href="#">Module 12</a>	
	<b>Keeping Myself Safe: What is good about my home and what do I think I have to keep safe from?</b>		<b>Keeping Myself Safe: What is good about my outdoor world?</b>		<b>Keeping Myself Safe: What do my special people do to make me feel safe and happy?</b>		<b>Keeping Myself Safe: Who else has the job of keeping me safe?</b>	
	<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	<a href="#">Module 13</a>		<a href="#">Module 14</a>		<a href="#">Module 15</a>		<b>REVISION</b>	
	<b>The World of Medicines: What goes onto and into my body and what is inside my body?</b>		<b>The World of Medicines: When do I take medicines? How do I feel when I am ill?</b>		<b>The World of Medicines: How can I feel good about myself without using medicines or drugs? What helps me to feel better?</b>			
	<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
Term 1	<a href="#">Module 1</a>		<a href="#">Module 2</a>		<a href="#">Module 3</a>		<a href="#">Module 4</a>	
	<b>Special People</b>		<b>Me and My Relationship: Friendship Chain</b>		<b>Feelings, Moods and Boredom</b>		<b>Memories Play in People's Relationship</b>	
	<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	<a href="#">Module 5</a>		<a href="#">Module 6</a>		<a href="#">Module 7</a>		<a href="#">Module 8</a>	
	<b>What makes a happy and healthy neighborhood?</b>		<b>Taking responsibility for my healthy lifestyle: Is ours a healthy and health-promoting school?</b>		<b>Taking responsibility for my healthy lifestyle: Whose job is it to keep me healthy?</b>		<b>My Healthy Body: Healthy Eating</b>	
	<i>Learning Obj</i>		<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.		Discuss the importance of 'Eating Healthy Food' and 'Eating Habits'.	
	WEEK 17	WEEK 18	WEEK 19	WEEK 20	WEEK 21	WEEK 22	WEEK 23	WEEK 24
Term 2	<a href="#">Module 9</a>		<a href="#">Module 10</a>		<a href="#">Module 11</a>		<a href="#">Module 12</a>	
	<b>My Healthy Body: What Exercise do I take?</b>		<b>Keeping Myself Safe: Where are my favourite outdoor fun places?</b>		<b>Keeping Myself Safe: Stranger, Danger!</b>		<b>Keeping Myself Safe: What Makes Indoor Places Fun and Exciting?</b>	
	<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	<a href="#">Module 13</a>		<a href="#">Module 14</a>		<a href="#">Module 15</a>		<a href="#">Module 16</a>	
	<b>Keeping Myself Safe: Using the Road</b>		<b>Save Money</b>		<b>The World of Drugs: Who uses drugs and needs drugs?</b>		<b>The World of Drugs: Who handles drugs at work?</b>	
	<i>Learning Obj</i>		<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 drugs and need drugs.		Identify the people who handle drugs and how drugs can be handled safely.	
<b>PSHE YEAR 3 LONG TERM PLAN with CURRICULUM STANDARDS</b>								
YEAR 3	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
	<a href="#">Module 1</a>	<a href="#">Module 2</a>		<a href="#">Module 3</a>		<a href="#">Module 4</a>	<a href="#">Module 5</a>	
	<b>Who Am I?</b>	<b>Similarities and Differences</b>		<b>The Work People Do</b>		<b>Right and Wrong</b>	<b>Rules</b>	

Term 1	<i>Learning Obj</i>	<i>Learning Obj</i>	<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
Term 1	<a href="#">Module 6</a>		<a href="#">Module 7</a>		<a href="#">Module 8</a>		<a href="#">Module 9</a>
	<b>Responsibilities</b>		<b>Communities</b>		<b>Growing and Changing</b>		<b>Harmful Materials</b>
	<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>
	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
YEAR 3	WEEK 17	WEEK 18	WEEK 19	WEEK 20	WEEK 21	WEEK 22	WEEK 23
Term 2	<a href="#">Module 10</a>		<a href="#">Module 11</a>		<a href="#">Module 12</a>		<a href="#">Module 13</a>
	<b>Dangerous Places</b>		<b>Help!</b>		<b>Things that Influence Us</b>		<b>Togetherness</b>
	<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
Term 2	<a href="#">Module 14</a>		<a href="#">Module 15</a>		<a href="#">Module 16</a>		REVISION
	<b>What is a friend?</b>		<b>Other People's Feelings</b>		<b>Bullying</b>		
	<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
Term 1	<a href="#">Module 1</a>		<a href="#">Module 2</a>		<a href="#">Module 3</a>	<a href="#">Module 4</a>	<a href="#">Module 5</a>	
	<b>Different Feelings</b>		<b>What makes me feel this way?</b>		<b>Points of View</b>	<b>I Can Do It</b>	<b>Talking About Issues</b>	
	<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
	<a href="#">Module 6</a>		<a href="#">Module 7</a>		<a href="#">Module 8</a>	<a href="#">Module 9</a>		
	<b>Doing the Right Thing</b>		<b>Making Decisions</b>		<b>Consequences</b>	<b>Growing and Changing</b>		
	<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>	<i>Learning Obj</i>		

Term 1	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.		REVISION
	YEAR 4	WEEK 17	WEEK 18	WEEK 19	WEEK 20	WEEK 21	WEEK 22	WEEK 23	
Term 2	<a href="#">Module 10</a>		<a href="#">Module 11</a>		<a href="#">Module 12</a>		<a href="#">Module 13</a>		<a href="#">Module 14</a>
	<b>Leisure and Work</b>		<b>Exercise</b>		<b>Coping with Stress</b>		<b>Personal Safety</b>		<b>Influences</b>
	<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.
Term 2	WEEK 25	WEEK 26	WEEK 27	WEEK 28	WEEK 29	WEEK 30	WEEK 31	WEEK 32	REVISION
	<a href="#">Module 14</a>		<a href="#">Module 15</a>		<a href="#">Module 16</a>		<a href="#">Module 17</a>		
	<b>Influences</b>		<b>Changing Friendship</b>		<b>Looking After Friendship</b>		<b>Family Fall-outs</b>		
	<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.			