

St. Mary's Catholic High School (2020-2021)

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	
	Knowing Myself: My Characteristics		Knowing Myself: Fascinating Facts About Me		Knowing Myself: My Holidays		Knowing Myself: My Talents	
	<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>	
	Develop a sense of acceptance of who they are.		Develop an understanding of the fascinating facts about them.		Describe holidays and their activities.		Identify their talents and create positive affirmations about their own abilities.	
	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	
	Special People: My Family		Special People: My Friends		Feelings			
	<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>			
	Identify the people who have helped them to grow and value them.		Identify some special people in their lives and show appreciation for the gift of their person.		Enumerate and identify the different feelings they have experienced.			
YEAR 1	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	
	Keeping Safe: Safety at Home		Keeping Safe: Safety Indoors		Keeping Safety: Outdoors		Keeping Safe: Who Is In-charge?	
	<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>	
	Identify safe places to play inside the house and develop awareness of safety strategies in different situations.		Enumerate ways of keeping safe in different places - Indoor.		Enumerate ways of keeping themselves safe in different places - Outdoors		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 12		Module 13		Module 14		REVISION	
	Keeping Safe: My Safety Rules		Keeping Safe: Stranger Danger		Keeping Safe: Internet			
	<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>			
	Define safety and list their own rules for self safety.		Recognize a stranger and what harm they can do		Discuss the importance of internet and its right use.			

PSHE YEAR 2 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	
	All About Me		I Am Good At...		School Rules - Why Do You Need Them?		How Well Do You Know Your Friends?	
	<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>	
	Identify specific characteristics of their own self.		Recognize one's own potential and capacity and appreciate it.		Realize the importance of following school rules .		Identify what a good friend does.	

	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	
	Friend Or Bully?		Feelings And Emotions		Dealing With Dilemma's			
	<i>Learning Obj</i> Examine differences between good and bad friendship's groups		<i>Learning Obj</i> Explain and elaborate upon their feelings.		<i>Learning Obj</i> Recognise the importance of standing up for what they believe in.			
YEAR 1	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	
	How Safe Are You?		Eating Healthy		Keeping Clean		Are You A Responsible Person?	
	<i>Learning Obj</i> Discuss how the world keeps them safe and how the world threatens their safety.		<i>Learning Obj</i> Explain the importance of having a healthy breakfast, lunch and snacks to stay energized and focused at school.		<i>Learning Obj</i> Discuss the importance of hygiene in leading a healthy life.		<i>Learning Obj</i> Realise that to be successful in life they have to be accountable for their actions and effort.	
	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	
	How To Be A Responsible Citizen		How GREEN Are You?		Save Or Spend Pocket Money			
	<i>Learning Obj</i> Discuss the importance of being a responsible citizen in the society		<i>Learning Obj</i> Value of taking care of nature and its resources		<i>Learning Obj</i> Explain the purpose of saving money and describe how they can save money.			

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 5		
	Who Am I?		Similarities and Differences		The Work People Do		Right and Wrong		
	<i>Learning Obj</i> Value everyone's interest and acknowledge that everyone is special.		<i>Learning Obj</i> Identify how we are similar to and different from others.		<i>Learning Obj</i> Identify, describe and evaluate the work people do in the neighbourhood and school.		<i>Learning Obj</i> Reason out what is right and wrong in given situations.		
Develop awareness on the needs for rules and revise the existing rules if needed.									
YEAR 3	WEEK 9	WEEK 10	WEEK 11	WEEK 12	WEEK 13	WEEK 14	WEEK 15	WEEK 16	
Term 1	Module 6		Module 7		Module 8		Module 9		
	Responsibilities		Communities		Growing and Changing		Harmful Materials		
	<i>Learning Obj</i> Define responsibilities and list the reasons why they are important.		<i>Learning Obj</i> 1. Explain why community is important. 2. Identify the people who help in the community.		<i>Learning Obj</i> Identify the significant changes in one's life.		<i>Learning Obj</i> Name samples of harmful materials and identify ways on how to take responsibility for safety.		
REVISION									
YEAR 3	WEEK 17	WEEK 18	WEEK 19	WEEK 20	WEEK 21	WEEK 22	WEEK 23	WEEK 24	
Term 2	Module 10		Module 11		Module 12		Module 13		
	Dangerous Places		Help!		Things that Influence Us		Togetherness		
	<i>Learning Obj</i> Identify possible dangers that could happen in different places and how to avoid them.		<i>Learning Obj</i> Name ways and procedures in dealing with emergencies.		<i>Learning Obj</i> Recognise the things that influence them and how to react properly.		<i>Learning Obj</i> 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
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
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
Term 1	Module 6		Module 7		Module 8	Module 9		
	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
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.		