

# St. Mary's Catholic High School (2021-2022)

## 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>All About Me: My Characteristics</b>		<b>All About Me: What Makes Me Special</b>		<b>All About Me: My Hobbies</b>		<b>All About Me: My Talents</b>	
	<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 some freetime 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	<a href="#">Module 5</a>		<a href="#">Module 6</a>		<a href="#">Module 7</a>		<b>REVISION</b>	
	<b>Special People: My Family</b>		<b>Special People: My Friends</b>		<b>My Feelings</b>			
	<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	<a href="#">Module 8</a>		<a href="#">Module 9</a>		<a href="#">Module 10</a>		<a href="#">Module 11</a>	
	<b>Keeping Safe: Safety at home</b>		<b>Keeping Safe: Safty Indoors</b>		<b>Keeping Safety: Outdoors</b>		<b>Keeping Safe: Who is in charge?</b>	
	<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	<a href="#">Module 12</a>		<a href="#">Module 13</a>		<a href="#">Module 14</a>		<b>REVISION</b>	
	<b>Keeping Safe: Danger Ahead!</b>		<b>Keeping Safe: Using internet</b>		<b>Keeping Safe: My Safety Rules</b>			
	<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>			
	Recognize a stranger and what harm they can do.		Explain the importance of internet and its right use.		Discuss safety and list their personal rules for self safety.			

## 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	<a href="#">Module 1</a>		<a href="#">Module 2</a>		<a href="#">Module 3</a>		<a href="#">Module 4</a>	
	<b>All About Me</b>		<b>I Am Good At...</b>		<b>School Rules - Why Do You Need Them?</b>		<b>How Well Do You Know Your Friends?</b>	
	<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	<a href="#">Module 5</a>		<a href="#">Module 6</a>		<a href="#">Module 7</a>		<b>REVISION</b>	
	<b>Friend Or Bully?</b>		<b>Feelings And Emotions</b>		<b>Dealing With Dilemmas</b>			
	<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>			

Te	Examine differences between good and bad friendship's groups	Identify positive feelings and list things that make them feel good.	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	<a href="#">Module 8</a>		<a href="#">Module 9</a>		<a href="#">Module 10</a>		<a href="#">Module 11</a>	
	<b>How Safe Are You?</b>		<b>Eating Healthy</b>		<b>Keeping Clean</b>		<b>Are You A Responsible Person?</b>	
	<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 living 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	<a href="#">Module 12</a>		<a href="#">Module 13</a>		<a href="#">Module 14</a>		REVISION	
	<b>How To Be A Responsible Citizen</b>		<b>How GREEN Are You?</b>		<b>Save Or Spend Pocket Money</b>			
	<i>Learning Obj</i> Discuss the importance of being a responsible citizen in the society.		<i>Learning Obj</i> Value in 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	<a href="#">Module 1</a>		<a href="#">Module 2</a>		<a href="#">Module 3</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>	
	<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.	
	WEEK 9	WEEK 10	WEEK 11	WEEK 12	WEEK 13	WEEK 14	WEEK 15	WEEK 16
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> 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.	
YEAR 3	WEEK 17	WEEK 18	WEEK 19	WEEK 20	WEEK 21	WEEK 22	WEEK 23	WEEK 24
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> 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	<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> Define what a friend is and enumerate friendly qualities.		<i>Learning Obj</i> Define and describe ways that will show empathy.		<i>Learning Obj</i> Recognise a bully and name ways of dealing with them.			