

St. Mary's Catholic High School (2026-2027)

PSHE YEAR 1 LONG TERM PLAN with CURRICULUM STANDARDS

Term 1	WK 1- Aug 5th wk/Sep 1st wk 31-8 to 4-9	WK 2- Sep 2nd wk 07-9 to 11-9	WK 3- Sep 3rd wk 14-9 to 18-9	WK 4- Sep 4th wk 21-9 to 25-9	WK 5- Sep 5th wk/Oct 1st wk 28-9 to 02-10	WK 6- Oct 2nd wk 05-10 to 09-10	WK 7- Oct 5th wk 19-10 to 23-10	WK 8- Oct 4th wk 26-10 to 30-10	WK 9- Nov 1st wk 02-11 to 06-11	WK 10-Nov 2nd wk 09-11 to 13-11
YR 1		Resource File								
	Introduction	Lesson 1: All About Me: My Characteristics		Lesson 2: All About Me: I Am Special (Similarities and Differences)		Lesson 3: All About Me: My Hobbies		Lesson 4: All About Me: My Talents		
	Main Objective: Introduce students to PSHE and help them understand how it supports their personal, social, emotional, and healthy development.	Main Objective: Identify and describe their physical and personal characteristics and develop a positive sense of self.		Main Objective: Recognise that everyone is unique and special, and respect similarities and differences between themselves and others.		Main Objective: Identify and share their hobbies and interests and show confidence when talking about themselves.		Main Objective: Identify, share, and celebrate their own talents and abilities.		
	Sub Objectives: 1. Identify what PSHE stands for and recognize it as a subject that helps them learn about themselves and others. 2. Introduce themselves confidently by sharing simple information such as their name, age, or favorite activity.	Sub Objectives: 1. Identify their own physical features 2. Describe what makes them unique compared to others.	Sub Objectives: 1. Recognise that everyone in the class is different and special in their own way. 2. Talk about their likes and dislikes .	Sub Objectives: 1. Identify and talk about their own personal features and say about what makes them special and unique. 2. Recognise similarities they share with classmates.	Sub Objectives: 1. Recognise similarities they share with classmates 2. Explain that differences make everyone interesting and special.	Sub Objectives: 1. Identify what a hobby is in simple terms. 2. Name at least 2–3 of their own hobbies.	Sub Objectives: 1. Recognise that different people enjoy different hobbies. 2. Share their hobbies confidently with classmates.	Sub Objectives: 1. Identify at least one thing they are good at 2. Describe their talent in simple words	Sub Objectives: 1. Recognise that everyone has different talents and abilities. 2. Explain that talents can be improved with practice and effort.	REVISION

Term 2	WK 11- Dec 1st wk & Dec 2nd wk 01-12 to 11-12	WK 12- Jan 1st wk 04-1 to 08-1	WK 13- Jan 2nd wk 11-1 to 15-1	WK 14- Jan 3rd wk 18-1 to 22-1	WK 15- Jan 4th wk 25-1 to 29-1	WK 16- Feb 2nd wk 01-2 to 05-2	WK 17- Feb 2nd wk 08-2 to 12-2	WK 18- Feb 3rd wk 15-2 to 19-2	WK 19- Feb 4th wk 22-2 to 26-2	WK 20- March 1st wk 01-3 to 05-3
YR 1	Resource File									
	Lesson 5: Special People: My Family		Lesson 6: Special People: My Friends		Lesson 7: My Feelings		Lesson 8: Keeping Safe: Safety At Home		Lesson 9: Keeping Safe: Safety On Roads	
	Main Objective: Explain that their family members are special people who love, care for, and support them.		Main Objective: Discuss that friends are special people in their lives and learn how to build positive, kind, and caring friendships.		Main Objective: Recognise, name, and express their feelings in a healthy and appropriate way.		Main Objective: Discuss how to stay safe at home by recognising simple dangers and knowing safe actions to take.		Main Objective: Explain how to keep safe on roads by learning simple road safety rules and making safe choices when walking outside.	
	Sub Objectives: 1. Identify members of their own family 2. Describe simple roles of family members .	Sub Objectives: 1. Recognise that every family is different but equally important. 2. Express feelings of love and respect towards their family members.	Sub Objectives: 1. Identify who their friends are in school and at home. 2. Discuss that friends help and support each other.	Sub Objectives: 1.Explain the importance of being kind and polite to friends. 2. Discuss how to solve simple disagreements with friends peacefully (e.g., saying sorry, talking nicely).	Sub Objectives: 1. Identify basic feelings. 2. Tell that everyone has different feelings at different times.	Sub Objectives: 1. Talk about what might cause different feelings in daily life. 2. Recognise feelings in others through facial expressions and body language.	Sub Objectives: 1. Identify common dangers at home 2. Discuss that some household items should not be touched without an adult.	Sub Objectives: 1. Recognise safe places at home where they can play. 2. Recognise simple safety rules to follow at home.	Sub Objectives: 1. Recognise basic road signs. 2. Discuss the importance of holding an adult’s hand when crossing the road.	Sub Objectives: 1. Use a zebra crossing safely with help. 2. Identify safe places to walk, such as pavements and sidewalks.
Term 2	WK 21- March 3rd wk 15-3 to 19-3	WK 22- March 4th & 5th wk Apr 1st wk 22-3 to 02-4	WK 23- April 3rd wk 12-4 to 16-4	WK 24- April 4th wk 19-4 to 23-4	WK 25- April 5th wk 26-4 to 30-4	WK 26- May 1st wk 03-5 to 04-5	WK 27- Jun 1st wk 31-6 to 04-6	WK 28- Jun 2nd wk 07-6 to 11-6	WK 29- Jun 3rd wk 14-6 to 18-6	WK 30- Jun 4th wk 21-6 to 30-6
YR 1	Resource File					REVISION	Resource File			
	Lesson 10: Keeping Safe: Danger Ahead!		Lesson 11: Keeping Safe: Danger Ahead!		Lesson 12: Keeping Safe: Using internet		Lesson 13: Keeping Safe: Who is in charge?		Lesson 14: Keeping Safe: My Safety Rules	
	Main Objective: Discuss how to keep themselves safe in school, on the playground, and on the school bus by following simple safety rules and responsible behaviour.		Main Objective: Explain how to stay safe by recognising strangers and knowing what to do in unsafe situations.		Main Objective: Discuss how to use the internet safely and know what to do if something online makes them feel uncomfortable.		Main Objective: Recognise that they are responsible for their own safety, and that trusted adults are there to help and protect them.		Main Objective: Follow basic safety rules and discuss how to keep themselves safe at home, in school, and in the community.	
	Sub Objectives: 1. Identify safe and unsafe behaviour in the school environment. 2. Follow classroom and school rules to stay safe inside school.	Sub Objectives: 1. Demonstrate safe play habits on the playground. 2. Discuss and follow rules while travelling on the school bus.	Sub Objectives: 1. Discuss what a “stranger” means in simple terms. 2. Identify safe adults they can trust.	Sub Objectives: 1. Explain and remember the rule: “Never go anywhere with a stranger.” 2. Practice saying “No”, “Go away”, and “Tell a trusted adult” in unsafe situations.	Sub Objectives: 1. Recognise that the internet can be fun but must be used safely. 2. Discuss that they should never share personal information (name, address, school) online. 3. Tell a trusted adult immediately if something online makes them feel upset.		Sub Objectives: 1. Identify that they are in charge of their own body and safety. 2. Recognise trusted adults.	Sub Objectives: 1. Explain that it is important to listen to trusted adults when they give safety instructions. 2. Discuss that they should tell a trusted adult if something worries them or makes them feel unsafe.	Sub Objectives: 1. Identify simple safety rules at home and school. 2. Recognise safe and unsafe situations in their daily environment.	Sub Objectives: 1. Recognise who to ask for help when they feel unsafe. 2. Discuss basic road safety rules like holding hands and using crossings. 3. Follow classroom safety rules to avoid accidents and injuries.

PSHE YEAR 2 LONG TERM PLAN with CURRICULUM STANDARDS										
Term 1	WK 1- Aug 5th wk/Sep 1st wk 31-8 to 4-9	WK 2- Sep 2nd wk 07-9 to 11-9	WK 3- Sep 3rd wk 14-9 to 18-9	WK 4- Sep 4th wk 21-9 to 25-9	WK 5- Sep 5th wk/Oct 1st wk 28-9 to 02-10	WK 6- Oct 2nd wk 05-10 to 09-10	WK 7- Oct 5th wk 19-10 to 23-10	WK 8- Oct 4th wk 26-10 to 30-10	WK 9- Nov 1st wk 02-11 to 06-11	WK 10-Nov 2nd wk 09-11 to 13-11
YR 2		Resource File								REVISION
	Orientation	Lesson 1: All About Me -Self Introduction		Lesson 2: I Am Good At...		Lesson 3: School Rules - Why Do You Need Them?		Lesson 4: How Well Do You Know Your Friends?		
	Main Objective: Introduce students to PSHE and help them understand how it supports their personal, social, emotional, and health development throughout the school year.	Main Objective: Introduce themselves confidently and share basic information about who they are.		Main Objective: Recognise, appreciate, and confidently share their strengths, talents, and abilities.		Main Objective: Explain why school rules are important and how they help everyone stay safe, fair, and happy learning environment.		Main Objective: Recognise and describe their friends’ likes, feelings, and positive qualities.		
	Sub Objectives: 1. Identify what PSHE stands for and understand its purpose. 2. Recognise that PSHE helps them learn about themselves, their feelings, relationships, health, and safety.	Sub Objectives: 1. State their full name clearly when introducing themselves. 2. Share personal information	Sub Objectives: 1. Talk about their likes and interests (e.g., favorite food, color, hobby, or animal). 2. Build confidence and self-esteem by speaking about themselves in front of others.	Sub Objectives: 1. Identify at least three things they are good at. 2. Describe their talents, skills, or interests using simple sentences.	Sub Objectives: 1. Recognise that everyone has different strengths and abilities. 2. Encourage and appreciate the strengths and talents of others.	Sub Objectives: 1. Identify simple school rules they follow in the classroom and around school. 2. Explain why rules are needed.	Sub Objectives: 1. Demonstrate good behaviour by following classroom rules. 2. Show respect for teachers, classmates, and school property.	Sub Objectives: 1. Identify their close friends in the class. 2. Describe at least one thing they like about their friends.	Sub Objectives: 1. Talk about their friends’ interests (games, hobbies, food, etc.). 2. Demonstrate simple ways of being a good friend (sharing, helping, kind words).	

Term 2	WK 11- Dec 1st wk & Dec 2nd wk 01-12 to 11-12	WK 12- Jan 1st wk 04-1 to 08-1	WK 13- Jan 2nd wk 11-1 to 15-1	WK 14- Jan 3rd wk 18-1 to 22-1	WK 15- Jan 4th wk 25-1 to 29-1	WK 16- Feb 2nd wk 01-2 to 05-2	WK 17- Feb 2nd wk 08-2 to 12-2	WK 18- Feb 3rd wk 15-2 to 19-2	WK 19- Feb 4th wk 22-2 to 26-2	WK 20- March 1st wk 01-3 to 05-3
YR 2	Resource File									
	Lesson 5: Friend Or Bully?		Lesson 6: Feelings And Emotions		Lesson 7: Community Helpers		Lesson 8: How Safe Are You?		Lesson 9: Eating Healthy	
	Main Objective: Identify the difference between friendly and bullying behaviour and explain how to respond safely and kindly.		Main Objective: Recognise, understand, and express different feelings and emotions in themselves and others in a healthy and respectful way.		Main Objective: Discuss community helpers and describe how they support and care for people in the community.		Main Objective: Identify what safety means and recognise safe and unsafe situations in daily life.		Main Objective: Identify healthy foods and make good food choices for a healthy body.	
	Sub Objectives: 1. Explain what bullying means in simple terms. 2. Identify bullying behaviours	Sub Objectives: 1. Discuss how bullying makes people feel. 2. Describe what to do and who to tell if they see or experience bullying.	Sub Objectives: 1. Identify basic emotions 2. Describe situations that can cause different feelings.	Sub Objectives: 1. Express feelings in appropriate and safe ways (talking, drawing, sharing). 2. Show empathy by noticing and responding to how others may feel.	Sub Objectives: 1. Identify different community helpers 2. Describe the job roles of at least 3 community helpers in simple words.	Sub Objectives: 1. Show respect and appreciation for community helpers through simple examples. 2. Talk about how they can behave politely and responsibly when interacting with community helpers.	Sub Objectives: 1. Identify what “being safe” means in simple terms. 2. Recognise safe places and unsafe places.	Sub Objectives: 1. Discuss the difference between safe and unsafe behaviour. 2. List basic safety rules to follow at home and in school.	Sub Objectives: 1. Identify different types of healthy foods. 2. Recognise unhealthy foods that should be eaten only sometimes.	Sub Objectives: 1. Explain why healthy food is important for growth and energy. 2. Sort foods into “healthy” and “unhealthy” groups.

Term 2	WK 21- March 3rd wk 15-3 to 19-3	WK 22- March 4th & 5th wk Apr 1st wk 22-3 to 02-4	WK 23- April 3rd wk 12-4 to 16-4	WK 24- April 4th wk 19-4 to 23-4	WK 25- April 5th wk 26-4 to 30-4	WK 26- May 1st wk 03-5 to 04-5	WK 27- Jun 1st wk 31-6 to 04-6	WK 28- Jun 2nd wk 07-6 to 11-6	WK 29- Jun 3rd wk 14-6 to 18-6	WK 30- Jun 4th wk 21-6 to 30-6
YR 2	Resource File					REVISION	Resource File			
	Lesson 10: Keeping Clean		Lesson 11: Are You A Responsible Person?		Lesson 12: How To Be A Responsible Citizen		Lesson 13: How GREEN Are You?		Lesson 14: Save Or Spend Pocket Money	
	Main Objective: Explain the importance of personal hygiene and practise good habits to stay clean, healthy, and happy.		Main Objective: Discuss the importance of keeping themselves clean and develop good personal hygiene habits for a healthy and happy life.		Main Objective: Explain what it means to be a responsible citizen and how they can behave in a responsible way in their school and community.		Main Objective: Discuss how their daily choices affect the environment and encourage them to develop simple eco-friendly habits.		Main Objective: Recognise the value of pocket money and learn how to make simple choices between saving and spending responsibly.	
	Sub Objectives: 1. Identify different ways of keeping their body clean. 2. Explain why personal cleanliness is important for health and preventing illness.	Sub Objectives: 1. Demonstrate correct handwashing steps. 2. Explain the importance of wearing clean clothes every day.	Sub Objectives: 1. Explain the meaning of being responsible in simple words. 2. Identify responsible actions at school and at home.	Sub Objectives: 1. Distinguish between responsible and irresponsible behaviour through examples. 2. Show how to take care of their belongings and classroom materials.	Sub Objectives: 1. Describe the qualities of a good citizen. 2. Recognize ways to help others in their community. 3. Demonstrate respect for community rules and shared spaces.		Sub Objectives: 1. Identify what it means to be “green” or environmentally friendly. 2. Recognise simple actions that help protect the Earth.	Sub Objectives: 1. Discuss the importance of recycling and reusing materials. 2. Identify everyday habits that can harm the environment.	Sub Objectives: 1. Explain what pocket money is and where it comes from. 2. Identify simple needs and wants in daily life.	Sub Objectives: 1. Explain the difference between saving and spending. 2. Make a simple choice between saving or spending in given situations.

PSHE YEAR 3 LONG TERM PLAN with CURRICULUM STANDARDS

Term 1	WK 1- Aug 5th wk/Sep 1st wk 31-8 to 4-9	WK 2- Sep 2nd wk 07-9 to 11-9	WK 3- Sep 3rd wk 14-9 to 18-9	WK 4- Sep 4th wk 21-9 to 25-9	WK 5- Sep 5th wk/Oct 1st wk 28-9 to 02-10	WK 6- Oct 2nd wk 05-10 to 09-10	WK 7- Oct 5th wk 19-10 to 23-10	WK 8- Oct 4th wk 26-10 to 30-10	WK 9- Nov 1st wk 02-11 to 06-11	WK 10-Nov 2nd wk 09-11 to 13-11
YR 3	Resource File									
	Orientation & Introduction	Lesson 1: Who am I?		Lesson 2: Similarities and Differences		Lesson 3: Rules	Lesson 4: Communities		Lesson 5: Growing and Changing	
	What is PSHE? What does it stand for?	Main Objective: Recognise and appreciate their unique qualities, talents, traits, and similarities and differences with others.		Main Objective: Identify and appreciate the similarities and differences between themselves and others.		Main Objective: Develop an understanding of the need for rules and recognise the importance of following them.	Main Objective: Explain the importance of communities and identify different types of communities.		Main Objective: Identify the changes and growth that occur as we grow and explain how to cope with them.	
	Sub Objectives: Explain the meaning of PSHE and how does it apply to our daily lives.	Sub Objectives: 1. Identify the talents that make each person unique and special. 2. Explain the importance of recognising and developing their talents.	Sub Objectives: 1. Explain at least three traits that make people unique and special. 2. Identify at least three personal traits that make individuals unique and special.	Sub Objectives: 1. Explain specific similarities they share with another person. 2. Identify at least three similarities they share with others.	Sub Objectives: 1. Identify at least three differences between themselves and others. 2. Demonstrate respect by recognising and appreciating the differences of others.	Sub Objectives: 1. Recognise the need for rules and demonstrate how to follow them. 2. Explain the importance of rules in their daily lives.	Sub Objectives: 1. Identify at least three different lifestyles and ways of living. 2. Explain at least two ways in which people's lifestyles differ according to their communities.	Sub Objectives: 1. Identify different types of communities. 2. Compare the difficulties and ways of life in different communities.	Sub Objectives: 1. Identify the different stages of life. 2. Describe the important changes that happen at each stage of life.	Sub Objectives: 1. Explain the importance of growth and changes in our lives. Describe the needs at different stages of life.
Term 2	WK 11- Dec 1st wk & Dec 2nd wk 01-12 to 11-12	WK 12- Jan 1st wk 04-1 to 08-1	WK 13- Jan 2nd wk 11-1 to 15-1	WK 14- Jan 3rd wk 18-1 to 22-1	WK 15- Jan 4th wk 25-1 to 29-1	WK 16- Feb 2nd wk 01-2 to 05-2	WK 17- Feb 2nd wk 08-2 to 12-2	WK 18- Feb 3rd wk 15-2 to 19-2	WK 19- Feb 4th wk 22-2 to 26-2	WK 20- March 1st wk 01-3 to 05-3
YR 3	Resource File									
	Lesson 6: Harmful Materials		Lesson 7: Dangerous Places		Lesson 8: Help!		Lesson 9: Things that Influence us		Lesson 10: Togetherness	
	Main Objective: Identify harmful materials and explain how to use them safely.		Main Objective: Identify dangers in different places and describe ways to stay safe.		Main Objective: Identify ways to stay safe and help others during an emergency.		Main Objective: Identify things that influence them and know how to respond appropriately.		Main Objective: Understand why family is important and how to have good relationships with others.	
	Sub Objectives: 1. Identify harmful materials found at home and at school. 2. Explain safety rules for handling harmful materials.		Sub Objectives: 1. Identify dangerous places in their home, school, and community. 2. Describe the possible dangers in these places and how to avoid them.		Sub Objectives: 1. Name ways to help others during an emergency. 2. Explain why it is important to help others.	Sub Objectives: 1. Define what an emergency is. 2. Identify common emergencies and describe simple first-aid actions for each.	Sub Objectives: 1. Identify ways to help others during an emergency. 2. Explain how to safely help others in times of need.	Sub Objectives: 1. Identify the things they like and enjoy. 2. Explain why they like and enjoy these things.	Sub Objectives: 1. Explain how advertisements encourage people to buy things. 2. Identify what makes an advertisement interesting.	Sub Objectives: 1. Identify different advertisements and the products they promote. 2. Explain how advertisements encourage people to buy products.

Term 2	WK 21- March 3rd wk 15-3 to 19-3	WK 22- March 4th & 5th wk Apr 1st wk 22-3 to 02-4	WK 23- April 3rd wk 12-4 to 16-4	WK 24- April 4th wk 19-4 to 23-4	WK 25- April 5th wk 26-4 to 30-4	WK 26- May 1st wk 03-5 to 04-5	WK 27- Jun 1st wk 31-6 to 04-6	WK 28- Jun 2nd wk 07-6 to 11-6	WK 29- Jun 3rd wk 14-6 to 18-6	WK 30- Jun 4th wk 21-6 to 30-6
YR 3	Resource File									
	Lesson 10: Togetherness	Lesson 11: What is a Friend?			Lesson 12: Other people's Feelings			Lesson 13: Bullying		
	Main Objective: Explain the importance of family and how to build good relationships with others.	Main Objective: Define what a friend is and identify the qualities of a good friend.			Main Objective: Identify different feelings and explain appropriate ways to respond to and manage them.			Main Objective: Explain what bullying is, identify bullying behaviours, and describe ways to respond safely.		
	Sub Objectives: 1. Explore more about family members. 2. Identify family members and their roles.	Sub Objectives: 1. Identify who can be a good friend. 2. Discuss the benefits of friendship.	Sub Objectives: 1. Explain how to be a good friend. 2. Explain the importance of friendship.	Sub Objectives: 1. Identify who our friends are and describe how we can help them. 2. Recognise the value of friendship and explain why friends are important.	Sub Objectives: 1. Define what feelings are. 2. Describe ways to show empathy.	Sub Objectives: 1. Explain the importance of feelings. 2. Describe ways to manage our feelings.	Sub Objectives: 1. Identify different feelings. 2. Distinguish between positive and negative feelings.	Sub Objectives: 1. Explain the importance of being different and confident when facing a bully. 2. Identify a bully and a buddy.	Sub Objectives: 1. Explain how to deal with bullies and their effects. 2. Recognise bullying and identify ways to deal with it.	Sub Objectives: 1. Explain what a buddy is and why being a buddy is important. 2. Differentiate between a bully and a buddy.