

St. Mary's Catholic High School (2025-2026)								
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	
	All About Me: My Characteristics		All About Me: I am Special (Similarites and differences)		All About Me: My Hobbies		All About Me: 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.		Recognise the names of various free-time 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		My 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: Safty on roads		Keeping Safe: At School, Playground and School Bus		Keeping Safe: Danger Ahead!	
	<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 - on the road and know the traffice rules.		Enumerate ways of keeping themselves safe in different places - While in school, in the bus and playground.		Recognize a stranger and what harm they can do.	
	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: Using internet		Keeping Safe: Who is in charge?		Keeping Safe: My Safety Rules			
	<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>			
	Explain the importance of internet and its right use.		Recognise a wider group of people who share the responsibility for keeping them safe.		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	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>	

Term 1	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		Community Helpers			
	<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>			
	Examine differences between good and bad friendship's groups		Identify positive feelings and list things that make them feel good.		Learn about different community helpers that work to provide service to others.			
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>		<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>	
	Discuss how the world keeps them safe and how the world threatens their safety.		Explain the importance of having a healthy breakfast, lunch and snacks to stay energized and focused at school.		Discuss the importance of hygiene in living a healthy life.		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>		<i>Learning Obj</i>		<i>Learning Obj</i>			
	Discuss the importance of being a responsible citizen in the society.		Value in taking care of nature and its resources.		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	ORIENTATION / INTRODUCTION	Module 1	Module 2		Module 3		Module 4	Module 5
		Who Am I?	Similarities and Differences		The Work People Do		Right and Wrong	Rules
		<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 evalate 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	WEEK 16
Term 1	Module 5	Module 6		Module 7		Module 8		REVISION
	Rules	Responsibilities		Communities		Growing and Changing		
	<i>Learning Obj</i>	<i>Learning Obj</i>		<i>Learning Obj</i>		<i>Learning Obj</i>		
	Develop awareness on the needs for rules and revise the existing rules if needed.	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.		

YEAR 3	WEEK 17	WEEK 18	WEEK 19	WEEK 20	WEEK 21	WEEK 22	WEEK 23	WEEK 24
Term 2	Module 9	Module 10		Module 11		Module 12		Module 13
	Harmful Materials	Dangerous Places		Help!		Things that Influence Us		Togetherness
	Learning Obj	Learning Obj		Learning Obj		Learning Obj		Learning Obj
	Name samples of harmful materials and identify ways on how to take responsibility for safety.	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	WEEK 32
Term 2	Module 13	Module 14		Module 15		Module 16		REVISION
	Togetherness	What is a Friend?		Other People's Feelings		Bullying		
	Learning Obj	Learning Obj		Learning Obj		Learning Obj		
	Discuss the importance of a family and the nature of relationships.	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.		