

# St. Mary's Catholic High School (2024-2025)

## 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: I am Special (Similarites and differences)</b>		<b>All About Me: My Hobbies</b>		<b>All About Me: My Talents</b>	
	<i>Learning Obj</i> Develop a sense of acceptance of who they are.		<i>Learning Obj</i> Develop an understanding of the fascinating facts about them.		<i>Learning Obj</i> Recognise the names of various free-time activities.		<i>Learning Obj</i> 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> Identify the people who have helped them to grow and value them.		<i>Learning Obj</i> Identify some special people in their lives and show appreciation for the gift of their person.		<i>Learning Obj</i> 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 on roads</b>		<b>Keeping Safe: At School, Playground and School Bus</b>		<b>Keeping Safe: Danger Ahead!</b>	
	<i>Learning Obj</i> Identify safe places to play inside the house and develop awareness of safety strategies in different situations.		<i>Learning Obj</i> Enumerate ways of keeping safe in different places - on the road and know the traffice rules.		<i>Learning Obj</i> Enumerate ways of keeping themselves safe in different places - While in school, in the bus and playground.		<i>Learning Obj</i> 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	<a href="#">Module 12</a>		<a href="#">Module 13</a>		<a href="#">Module 14</a>		<b>REVISION</b>	
	<b>Keeping Safe: Using internet</b>		<b>Keeping Safe: Who is in charge?</b>		<b>Keeping Safe: My Safety Rules</b>			
	<i>Learning Obj</i> Explain the importance of internet and its right use.		<i>Learning Obj</i> Recognise a wider group of people who share the responsibility for keeping them safe.		<i>Learning Obj</i> 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> Identify specific characteristics of their own self.		<i>Learning Obj</i> Recognize one's own potential and capacity and appreciate it.		<i>Learning Obj</i> Realize the importance of following school rules.		<i>Learning Obj</i> 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>Community Helpers</b>			
	<i>Learning Obj</i> Examine differences between good and bad friendship's groups		<i>Learning Obj</i> Identify positive feelings and list things that make them feel good.		<i>Learning Obj</i> 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	<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.			
<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
Term 1	ORIENTATION / INTRODUCTION	<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>
		<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.	<i>Learning Obj</i> 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	<a href="#">Module 5</a>	<a href="#">Module 6</a>		<a href="#">Module 7</a>		<a href="#">Module 8</a>		REVISION
	<b>Rules</b>	<b>Responsibilities</b>		<b>Communities</b>		<b>Growing and Changing</b>		
	<i>Learning Obj</i> Develop awareness on the needs for rules and revise the existing rules if needed.	<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.		
YEAR 3	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>		<a href="#">Module 13</a>
	<b>Harmful Materials</b>	<b>Dangerous Places</b>		<b>Help!</b>		<b>Things that Influence Us</b>		<b>Togetherness</b>
	<i>Learning Obj</i> Name samples of harmful materials and identify ways on how to take responsibility for safety.	<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 13</a>	<a href="#">Module 14</a>		<a href="#">Module 15</a>		<a href="#">Module 16</a>		REVISION
	<b>Togetherness</b>	<b>What is a Friend?</b>		<b>Other People's Feelings</b>		<b>Bullying</b>		
	<i>Learning Obj</i> Discuss the importance of a family and the nature of relationships.	<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.		