



## St Anthony of Padua Catholic Primary School Long Term Plan

### PSHE/RSHE Medium Term Plan – Year 1



Term	Topic	Lessons	Resources	
<b>Autumn Term Relationships</b>	<b>Family and Friendships</b>	Lesson 1 – To learn about what makes a family.	PSHE Association Resource	
	Roles of different people; families, feelings and cared for	Lesson 2 – To learn about different types of families.	PSHE Association Resource	
		Lesson 3 and Lesson 4 – To learn the TALK Pants rules and how they help keep children safe	NSPCC PANTS	
	<b>Safe Relationships</b>	Lesson 1 – To learn what it means to ask for permission.	PSHE Association Resource	
	Recognise privacy, staying safe; seeking permission			
	<b>Respecting ourselves and others</b>	How behaviour affects others; being polite and respectful	Lesson 1 – Let's be friends	PSHE Association Resource
			Lesson 2 – Let's make up	
Lesson 3 – Let's be kind				
Lesson 4 - I can say what makes a good friend. I can suggest things I can do to be a kind and caring friend.			SIL – PSHE Association	
<b>Spring Term Living in the wider world</b>	<b>Belonging to a community</b>	Lesson 1 – Who shall we help?	Values: Money and Me Resource	
		Lesson 2 – We are a Team		
		Lesson 3 – Counting on You		
		Lesson 4 - To learn about how to care for the environment and why this is important	Environment Agency	
		Lesson 5 - To learn about some of the jobs people do to protect the environment		
	<b>Media Literacy and Digital Resilience</b>	Lesson1: (DL) To understand what the term 'online' means. (DL) To identify different emotions. (DL) To understand what to do if something online makes us feel uncomfortable.	Knowsley CLC Computing Planning	
	Taught during computing lessons using the Knowsley CLC scheme of work			



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		<p>(DL) To understand who we can ask for help?</p> <hr/> <p>Lesson 2:          (DL &amp; IT) To explain how technology is used to communicate.          (DL) To discuss who we should communicate with.          (DL) To understand some personal information should not be shared.          (DL) To use a digital device to communicate.</p> <hr/> <p>Lesson 3:          (DL) To understand the term ‘online bullying.          (DL) To discuss making good choices online.          (DL &amp; IT) To use a digital device to express my ideas.</p> <hr/> <p>Lesson 4:          (DL) To discuss why and how online safety rules help us stay safe.          (DL) To contribute to creating a set of class online safety rules.          (IT) To use a digital device to create short video clips.</p> <hr/> <p>Lesson 5:          (DL) To understand types of personal information.          (DL) To understand who can help with online issues.          (DL) To create a secure password.          (DL &amp; IT) To create an avatar.</p> <hr/> <p>Lesson 6:          (DL) To use a digital device to search the internet.          (DL) To understand how keywords can be used.          (DL &amp; IT) To save images from the internet and insert them into a document.</p>	
	<p><b>Money and work</b></p> <p>Strengths and interests; jobs in the community</p>	<p>Lesson 1 – Dale and Kyle’s Dilemma</p> <hr/> <p>Lesson 2 – You Decide</p> <hr/> <p>Lesson 3 – Good Neighbours</p>	<p>Values: Money and Me Resource</p>



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		Lesson 4 – Bert’s Shopping Challenge	
<b>Summer Term Health and Wellbeing</b>	<b>Physical health and Mental wellbeing</b>	Lesson 1 – Keeping health with food and drink	PSHE Association
	Keeping healthy; food and exercise, hygiene routines; sun safety	Lesson2 – Keeping health with physical activity	
		Lesson 3 – To learn about keeping teeth healthy	
		Lesson 4 – To learn about how to keep safe in the sun	
		<b>Growing and changing</b>	Lesson 1 – To learn that everyone is unique and has special qualities
	Recognising what makes them unique and special; feelings; managing when things go wrong	Lesson2 - To recognise and describe different feelings in themselves and others	
		Lesson 3 - That feelings change and that not everyone experiences the same feeling in the same situation.	
		Lesson 4 - about ‘big’ feelings and how to manage them	
		Lesson 5 - about different kinds of change and how change can affect people	
	<b>Keeping safe</b>	Lesson 1 – Sharing Picture	Think u Know
	How rules and age restrictions help us; keeping safe online	Lesson 2 – Playing Games	
		Lesson 3 – Watching Vides	