



St Anthony of Padua Catholic Primary School Long Term Plan

PSHE/RSHE Medium Term Plan – Year 1

Term	Topic	Lessons	Resources
Autumn Term Relationships	Family and Friendships Roles of different people; families, feelings and cared for	Lesson 1 – To learn about what makes a family.	https://pshe-association.org.uk/resource/families-lesson-packs?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=families
		Lesson 2 – To learn about different types of families.	
		Lesson 3 and Lesson 4 – To learn the TALK Pants rules and how they help keep children safe	NSPCC PANTS
	Safe Relationships Recognise privacy, staying safe; seeking permission	Lesson 1 – To learn what it means to ask for permission.	Consent lesson pack
	Respecting ourselves and others How behaviour affects others; being polite and respectful	Lesson 1 – Let's be friends	https://pshe-association.org.uk/resource/friendship-and-bullying?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=friendship-and-bullying
		Lesson 2 – Let's make up	
		Lesson 3 – Let's be kind	
Spring Term Living in the wider world	Belonging to a community What rules are; caring for others needs; looking after the environment	Lesson 1 – To learn about the importance of ground rules in PHSE lessons.	https://pshe-association.org.uk/resource/ground-rules?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=ground-rules
		Lesson 2 - To learn about how to care for the environment and why this is important	https://pshe-association.org.uk/resource/environment-agency-caring-for-environment?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=environment-agency-ks1
		Lesson 3 - To learn about some of the jobs people do to protect the environment	
	Media Literacy and Digital Resilience Taught during computing lessons using the Knowsley CLC scheme of work	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. (DL) To understand who we can ask for help?	Knowsley CLC Computing Planning
		Lesson 2: (DL & 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.	
		Lesson 3: (DL) To understand the term 'online bullying.	



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		(DL) To discuss making good choices online. (DL & IT) To use a digital device to express my ideas.	
		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.	
		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 & IT) To create an avatar.	
		Lesson 6: (DL) To use a digital device to search the internet. (DL) To understand how keywords can be used. (DL & IT) To save images from the internet and insert them into a document.	
	Money and work Strengths and interests; jobs in the community	Lesson 1 – Dale and Kyle’s Dilemma Lesson 2 – You Decide Lesson 3 – Good Neighbours Lesson 4 – Bert’s Shopping Challenge	Values: Money and Me Resource Ed and Bunny earn some money (Book)
Summer Term Health and Wellbeing	Physical health and Mental wellbeing Keeping healthy; food and exercise, hygiene routines; sun safety	Lesson 1 – Keeping health with food and drink	https://pshe-association.org.uk/resource/health-education-ks1-2?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=health-education-ks1-2
		Lesson 2 – 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	
	Growing and changing Recognising what makes them unique and special; feelings; managing when things go wrong	Lesson 1 – To learn that everyone is unique and has special qualities	https://pshe-association.org.uk/resource/personal-identity-ks2-lesson-pack?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=personal-identity
		Lesson 2 - To recognise and describe different feelings in themselves and others	
		Lesson 3 - about ‘big’ feelings and how to manage them	



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	Keeping safe How rules and age restrictions help us; keeping safe online	Lesson 1 – Sharing Picture	https://pshe-association.org.uk/resource/nca-ceop-jessie-and-friends?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=nca-ceop-jessie-and-friends
		Lesson 2 – Playing Games	
		Lesson 3 – Watching Videos	