

St Anthony of Padua Catholic Primary School Long Term Plan PSHE/RSHE Medium Term Plan – Year 1



Term	Topic	Lessons	Resources
	Family and Friendships Roles of different people;	Lesson 1 – To learn about what makes a family.	https://pshe-association.org.uk/resource/families-lesson-packs?utm_campaign=Programme%20Builder%20tracking%20links&
	families, feelings and cared for	Lesson 2 – To learn about different types of families.	<u>utm_source=families</u>
E Sd		Lesson 3 and Lesson 4 – To learn the TALK Pants rules and how they help keep children safe	NSPCC PANTS
Autumn Term Relationships	Safe Relationships Recognise privacy, staying safe; seeking permission	Lesson 1 – To learn what it means to ask for permission.	Consent lesson pack
Au	Respecting ourselves and others	Lesson 1 – Let's be friends	https://pshe-association.org.uk/resource/friendship-and-bullying?utm_campaign=Programme%20Builder%20tracking%20links
	How behaviour affects others; being polite and respectful	Lesson 2 – Let's make up	<u>&utm_source=friendship-and-bullying</u>
		Lesson 3 – Let's be kind	
	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&u tm_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%2
orld		Lesson 3 - To learn about some of the jobs people do to protect the environment	Olinks&utm_source=environment-agency-ks1
Spring Term Living in the wider world	Media Literacy and Digital Resilience	Lesson1: (DL) To understand what the term 'online' means. (DL) To identify different emotions.	Knowsley CLC Computing Planning
Spring in the	Taught during computing lessons using the Knowsley	(DL) To understand what to do if something online makes us feel uncomfortable. (DL) To understand who we can ask for help?	
Living	CLC scheme of work	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.	

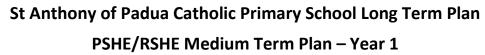


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		(DL) To discuss making good choices online. (DL & IT) To use a digital device to express my ideas. Lesson 4: (DL) To discuss why and how online safety rules help us stay safe. (DL) To contribute to creating a set of class online safety rules. (IT) 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	Lesson 1 – Dale and Kyle's Dilemma	Values: Money and Me Resource
		Lesson 2 – You Decide	Ed and Bunny earn some money (Book)
	Strengths and interests; jobs	Lesson 3 – Good Neighbours	
	in the community	Lesson 4 – Bert's Shopping Challenge	
	Physical health and Mental wellbeing	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
		Lesson 2 – Keeping health with physical activity	source=health-education-ks1-2
m being	Keeping healthy; food and exercise, hygiene routines;	Lesson 3 – To learn about keeping teeth healthy	https://pshe-association.org.uk/resource/dental-health-ks1- 2?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=dental-health-ks1-2
Summer Term Health and Wellbeing	sun safety	Lesson 4 – To learn about how to keep safe in the sun	https://pshe-association.org.uk/resource/sun-safety-lesson- packs?utm_campaign=Programme%20Builder%20tracking%20links& utm_source=sun-safety
Sumr Ilth an	Growing and changing Recognising what makes	Lesson 1 – To learn that everyone is unique and has special qualities	https://pshe-association.org.uk/resource/personal-identity-ks2- lesson-
Неа	them unique and special; feelings; managing when	Lesson 2 - To recognise and describe different feelings in themselves and others	pack?utm_campaign=Programme%20Builder%20tracking%20links&u tm_source=personal-identity
	things go wrong	Lesson 3 - about 'big' feelings and how to manage them	







	How rules and age restrictions	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_
Heip us, keep		Lesson 3 – Watching Videos	