

Year 1 PSHE – Learning Journey



Empathetic

- Human life cycle
- Changes as we grow
- Private parts of the body
- Different touch
- Comfortable/ unsafe
- Giving permission to touch



Valued

- What makes us unique
- Similarities and differences in people
- Feelings and behaviour
- Kind and unkind behaviour
- Physical and mental hurt
- Who to go to for help



Summer

Innovative

- Using the internet in a positive way
- Communicating safely
- Personal strengths/ interests
- Jobs in the community
- Different jobs



Responsible

- What it means to be responsible
- Caring for living things
- Looking after the environment
- Age restrictions
- Online safety



Spring

Healthy

- What it means to be healthy
- Healthy/Unhealthy food
- Physical activity
- Different types of play
- Daily hygiene
- Sun safety



Team

- Class rules
- How to use class rules
- Listening to others and working cooperatively
- People who care for us
- Families and how they differ
- People in the community who help to keep us safe.



Autumn

