

Safe Relationships

Recognising privacy;
staying safe; seeking
permission

Families and friendships

Roles of different people;
families; feeling cared for

**Respecting ourselves and
others**

How behaviour affects
others; being polite and
respectful

What will be my PSHE learning by the time we leave Year 1

Belonging to a community

What rules are; caring for
others' needs; looking after
the environment



**Media literacy and digital
resilience**

Using the internet and
digital devices;
communicating online

Money and work

Strengths and interests;
jobs in the community

Growing and changing

Recognising what
makes them unique
and special; feelings;
managing when things
go wrong

Keeping safe

How rules and age
restrictions help us;
keeping safe online

**Physical health and
Mental wellbeing**

Keeping healthy; food
and exercise, hygiene
routines; sun safety