

## Staying Safe

Road Safety

Crossing Roads

Travelling in vehicles

## Keeping Healthy

Healthy eating

Food choices

Eating too much unhealthy food

Relationships

Friendship

How our actions and words  
affect others bullying

# PSHE LEARNING JOURNEY

## YEAR 1

### Being Responsible

Practice makes perfect—setting goals

Ways we can cause accidents

How we can help prevent accidents

### Feelings and emotions

Recognising our own strengths and  
those of others.

How to deal with feelings including  
jealousy

### Computer Safety

Being kind and thoughtful on line.

What to do if someone is unkind  
online.

### Money Matters

Looking at money

Looking after money

### Hazard Watch

Is it safe to touch?

Is it safe to eat?

Is it safe to go near?

### Ongoing throughout the year/Discrete sessions \_NSPCC PANTS programme

Bullying, keeping safe on line, emotions—recognising emotions , how we feel and learning to deal with our emotions

Caring for others, sharing worries—worry boxes, CANW, nurture provision, Love one another, BE KIND