

Year 1 & 2 PSHE Learning Journey



Young Citizens

Autumn:
Living in
the wider
world

Lesson 1:
Why do
we have
rules?

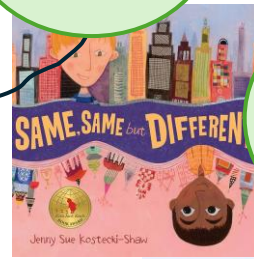
Lesson 2:
How do we
care for our
community?

Lesson 3:
How do
our groups
include us?

Lesson 4: What
are rights and
responsibilities?

Belonging
to a
community

Lesson 5:
What is
equality?



Lesson 2:
What
coins and
notes do
we have?

Lesson 1:
What
career
would I
like?

Career Day

Childnet

Lesson 3:
Can I
trust
online
content?



Media Literacy and Digital Resilience

Lesson 2:
How can
we stay
safe
online?

Lesson 1:
What is
the
internet?



Lesson 4:
What are
needs
and
wants?

Lesson 3:
Where does
money
come from?

Money and Work



Physical health and Mental Wellbeing

Lesson 4
Why is play
important?



Keeping safe



Spring:
Health
and
Wellbeing

Lesson 3:
How do
we care
for our
teeth?

Lesson 5:
How do
we stay
safe in
the sun?

Lesson 6:
Where do
we feel our
emotions?

Lesson 1
How do
rules keep
us safe?:



Lesson 1:
How do
we stay
healthy?

Lesson 2:
How do
medicines
help us stay
healthy?



Lifeboats



Lesson 4:
How do I
stay safe in
my local
area?

Lesson 2:
What do I
do in an
emergency?

Lesson 3:
How do I
stay safe
at home?



Summer:
Relationships

YOUNGMINDS AND BEANO

Lesson 1:
What
makes me
unique?

Growing and changing



Lesson 3:
How do I
manage
difficult
emotions?

Lesson 2:
How do I
identify
my
emotions?



Families and friendships

Lesson 2: : How
do we behave
co-operatively?



Lesson 2:
What is
bullying?

Respecting ourselves and others

Lesson 1: How
can we be
upstanders?

Lesson 1:
What
makes a
family?

Lesson 2:
How can
I be a
good
friend?

Safe relationships

Lesson 1:
What is
privacy?

