

## Year 1 PSHE Learning Targets

<b>Health and Wellbeing - Ourselves, Growing and Changing</b>	Recognise the ways in which we are all unique.
	Identify what they are good at, what they like and dislike.
	Know about growing and changing from young to old and how people's needs change.
<b>Health and Wellbeing - Keeping Safe</b>	Recognise risk in simple everyday situations and what action to take to minimise harm.
	Know ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely.
	Know what to do if there is an accident and someone is hurt.
	Know how to get help in an emergency (how to dial 999 and what to say).
	Know basic rules to keep safe online. (#BESAFE)
	Identify what is meant by personal information and what information should be kept private.
<b>Relationships - Families and close positive relationships</b>	Recognise that there may be people online who could make them feel sad, embarrassed or upset.
	Identify common features of family life.
<b>Relationships - Safer relationships</b>	Know that it is important to tell someone (such as a teacher) if something about their family makes them unhappy or worried.
	Recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private.
	Know how to respond safely to adults they don't know.
	Know how to respond if physical contact makes them feel uncomfortable or unsafe.
<b>Living in the Wider World - Media literacy and digital resilience</b>	Explain why it is important to be considerate and kind to people online.
	Explain rules to keep safe using technology both in and beyond the home.
	Use the internet to find content, by using simple keywords in safe search engines.
<b>Living in the Wider World - Economic wellbeing: Money</b>	Describe and demonstrate how to get help from a trusted adult if online content makes them feel sad, uncomfortable worried or frightened.
	Know what forms money comes in and that money comes from different sources.
	Know that people make different choices about how to save and spend money.
	Explore the difference between needs and wants; that sometimes people may not always be able to have the things they want.
	Know that money needs to be looked after; different ways of doing this.