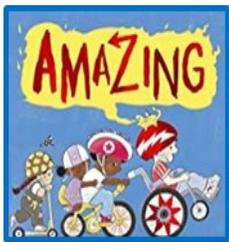


All children – regardless of gender, starting point or background – will have the opportunity to engage with a high-quality PSCHE education. They will be equipped with the knowledge, skills and vocabulary to understand that they need to lead confident, healthy, independent lives and to become respectful, active and responsible global citizens, so that they leave our school confident and assured of their place in this diverse and changing world. We intend to inspire a sense of enjoyment and curiosity about PSCHE.

**No Outsiders:**



**Keeping and Staying Safe**

Spring 1



**Key Vocabulary:**

- Emergencies
- Hazards
- Safety

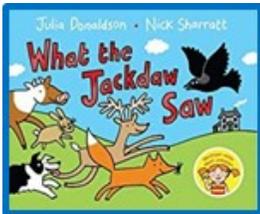
**Igniting Prior Knowledge:**

- *There are people who I can ask for help.*
- *People can help when families make us feel unhappy or unsafe.*
- *I know how to stay safe in familiar situations.*
- *I can recognise the difference between 'real' and 'imaginary' dangers.*
- *I know there are situations where secrets shouldn't be kept.*
- *I shouldn't tell a trusted adult if I feel unsafe.*
- *There are people that keep me safe outside the home.*
- *I can identify where I might need help.*
- *There are different people in the community who help keep us safe.*
- *I know how to ask for help when I need it.*

**New Knowledge:**

- I can keep safe at home.
- There are simple rules for keeping safe indoors, including online.
- I know what to do if there is an emergency – call 999.
- I should take responsibility for my own safety.
- There are potential hazards at home.
- There are rules to keep safe outside.
- I know when a situation outside is safe or unsafe.
- It is important to always tell someone where I am going or playing.
- I can identify hazards relation to road safety.
- I can explain how to cross a road safely – think, look, listen etc.
- There are rules for all road users to follow to keep people safe.

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**No Outsiders:****Physical Health and Wellbeing**

Spring 2

**Igniting Prior Knowledge:**

- *What goes into our bodies can change the way we feel.*
- *Some things we put in our bodies can make us feel good and not so good.*
- *Some substances might be harmful to take in – e.g. wild berries etc.*
- *I know how to ask for help if I am unsure whether something should go into my body.*
- *There are different things that go on my body.*
- *Substances can be absorbed through their skin.*
- *Some things can make people feel good and not so good.*
- *I know what is safe to go onto body.*
- *Medicines help us stay healthy.*
- *Vaccinations and immunisations help us stay healthy.*

**New Knowledge:**

- The purpose of medicines is to help people stay healthy or get better if they are ill.
- Medicines come in different forms – tablets, gels/creams, lozenges, injections etc.
- Each medication has a different use.
- Medicines can be prescribed by a doctor or bought from a pharmacy or shop.
- Certain medicines should only be used at certain times.
- Medicines come with instructions to ensure they are used safely.
- There are rules about storing medicines.
- Medicines can be harmful if they are not used correctly.

**Key Vocabulary:**

- Medication
- Risk
- Danger
- Prescriptions

