

## PSHE Medium Term Planning - SAFETY – Summer 1

(Lessons refer to Kapow PSHE & RSE Resource)

### Year One – PSHE & RSE Safety

Essential Skills developed in this unit	Essential Knowledge developed in this unit
<ul style="list-style-type: none"> <li>• Practising what to do if I get lost.</li> <li>• Identifying hazards that may be found at home.</li> <li>• Understanding people's roles within the local community that help keep us safe</li> <li>• Learning what is and is not safe to put in or on our bodies.</li> <li>• Practising making an emergency phone call.</li> </ul>	<ul style="list-style-type: none"> <li>• To know that some types of physical contact are never appropriate.</li> <li>• To know what to do if I get lost.</li> <li>• To know that a hazard is something which could cause an accident or injury.</li> <li>• To know that some things are unsafe to put onto or into my body and to ask an adult if I am not sure.</li> <li>• To know that an emergency is a situation where someone is badly hurt, very ill or a serious accident has happened.</li> <li>• To know that the emergency services are the police, fire service and the ambulance service.</li> </ul>

CONCEPTS	CONTENT & CONTEXT	VOCABULARY																												
<p><b>Safety:</b> <b>Being Safe including online.</b></p> <p><b>Drugs, alcohol and tobacco.</b></p> <p><b>Basic first aid</b></p>	<p>Lesson 1 – <b>Adults in school</b> Understanding who the adults are in school and how to speak to them.</p> <p>Lesson 2 – <b>Adults Outside of school</b> Understanding how to speak to adults in different situations outside school and what to do if worried about what anything an adult does or says.</p> <p>Lesson 3 – <b>Getting lost</b> Knowing what to do if we get lost.</p> <p>Lesson 4 – <b>Making an emergency phone call</b> Exploring what is an emergency and using role-play to learn how to make an emergency phone call.</p>	<table style="width: 100%; border: none;"> <tr> <td>Adult</td> <td>Job</td> </tr> <tr> <td>Manners</td> <td>Polite</td> </tr> <tr> <td>Visitor</td> <td>Stranger</td> </tr> <tr> <td>Worry</td> <td>Hurt</td> </tr> <tr> <td>Lost</td> <td>Safe</td> </tr> <tr> <td>Police</td> <td>Fire</td> </tr> <tr> <td>Ambulance</td> <td>Emergency</td> </tr> <tr> <td>999</td> <td>Physical</td> </tr> <tr> <td>Contact</td> <td>Like</td> </tr> <tr> <td>Dislike</td> <td>Kind</td> </tr> <tr> <td>Unkind</td> <td>Into</td> </tr> <tr> <td>Onto</td> <td></td> </tr> <tr> <td>Danger</td> <td></td> </tr> <tr> <td>Ill</td> <td></td> </tr> </table>	Adult	Job	Manners	Polite	Visitor	Stranger	Worry	Hurt	Lost	Safe	Police	Fire	Ambulance	Emergency	999	Physical	Contact	Like	Dislike	Kind	Unkind	Into	Onto		Danger		Ill	
Adult	Job																													
Manners	Polite																													
Visitor	Stranger																													
Worry	Hurt																													
Lost	Safe																													
Police	Fire																													
Ambulance	Emergency																													
999	Physical																													
Contact	Like																													
Dislike	Kind																													
Unkind	Into																													
Onto																														
Danger																														
Ill																														

	<p><b>Lesson 5 – Appropriate contact</b> Understanding the difference between acceptable and unacceptable physical contact.</p> <p><b>Lesson 6 – Safety with substances</b> Learning what is safe to go on or in the body, and why some things should never go in the body.</p> <p><b>Lesson 7 – Safety at home</b> Learning about hazards in the home and how to avoid these dangers.</p> <p><b>Lesson 8 – People who help keep us safe</b> Learning about jobs of the people in the local community who keep us safe.</p>	<p>Damage Medicine Unsafe Accident Hazard Help</p>
--	---	--

## Year Two – PSHE & RSE Safety

Essential Skills developed in this unit	Essential Knowledge developed in this unit
<ul style="list-style-type: none"> <li>• Understanding the concept of privacy.</li> <li>• Exploring ways to stay safe online.</li> <li>• Learning how to behave safely near the road and when crossing the road.</li> <li>• Exploring what people can do to feel better when they are ill.</li> <li>• Learning how to be safe around medicines.</li> </ul>	<ul style="list-style-type: none"> <li>• To know the PANTS rule.</li> <li>• To know that I should tell an adult if I see something which makes me uncomfortable online.</li> <li>• To understand the difference between secrets and surprises.</li> <li>• To know the rules for crossing the road safely.</li> <li>• To know that medicine can help us when we are ill.</li> <li>• To understand that we should only take medicines when a trusted adult says we can.</li> </ul>

CONCEPTS	CONTENT & CONTEXT	VOCABULARY
<b>Safety :</b> <b>Being Safe including online.</b>  <b>Drugs, alcohol and tobacco.</b>  <b>Basic first aid</b>	<p>Lesson 1 - <b>Introduction to the internet.</b> Understanding what the internet is and how it can help anyone that uses it.</p> <p>Lesson 2 – <b>Communicating online.</b> Pupils learn some rules for staying safe online and what to do if they see something online that makes them feel upset or uncomfortable.</p> <p>Lesson 3 – <b>Secrets and surprises.</b> Learning to tell the differences between secrets and surprises.</p> <p>Lesson 4 – <b>Appropriate contact: My private parts.</b> Children learn the concept of privacy and the correct vocabulary for the private parts.</p> <p>Lesson 5 - <b>Appropriate contact: My private parts.</b> Children learn about safe and unsafe touches.</p> <p>Lesson 6 – <b>Road safety.</b> Learning how to keep safe on and near roads.</p> <p>Lesson 7 - <b>Crossing roads safely.</b> Children learn the rules for crossing the road safely.</p>	<p>World Wide Web      Streaming            Website              Internet            WiFi                    Online  <b>Danger</b>                 <b>Safe</b>  <b>Kind</b>                     Bullying            Excited                 Good            Happy                    Surprise            Secret                    Unhappy            Worried</p> <p><b>Penis</b>  <b>Vulva - sometimes called the vagina, but vulva is the correct terminology</b></p> <p>Arm                        Leg            Hand                     Wrist            Neck                     Head            Knee                     Foot            Ankle                    Elbow            Surprise                Safe touch            Unsafe touch            PANTS rule            Private                   <b>Testicles</b></p>

Lesson 8 – **Staying safe with medicines.**

Children learn how to explain if they feel unwell and safety around medicines.

Holding hands

Traffic

Road

Pavement

Stop

Listen

Temperature

Doctor

Pharmacist

Medicine

Drug

Car park

Pedestrian

Walking

Holding hands

Look

Think

Sneeze

Nurse

Prescription

## Year Three– PSHE & RSE Safety

Essential Skills developed in this unit	Essential Knowledge developed in this unit
<ul style="list-style-type: none"> <li>• Exploring ways to respond to cyberbullying or unkind behaviour online.</li> <li>• Developing skills as a responsible digital citizen.</li> <li>• Identifying things people might do near roads which are unsafe.</li> <li>• Beginning to recognise unsafe digital content.</li> <li>• Exploring that people and things can influence me and that I need to make the right decision for me.</li> <li>• Exploring choices and decisions that I can make.</li> <li>• Learning what to do in a medical emergency, including calling the emergency services.</li> </ul>	<ul style="list-style-type: none"> <li>• To understand that cyberbullying is bullying which takes place online.</li> <li>• To know the signs that an email might be fake.</li> <li>• To know the rules for being safe near roads.</li> <li>• To understand that other people can influence our choices.</li> <li>• To know that bites or stings can sometimes cause an allergic reaction.</li> <li>• To know that it is important to maintain the safety of myself and others, before giving first aid</li> </ul>

CONCEPTS	CONTENT & CONTEXT	VOCABULARY
<p><b>Safety : Being Safe including online.</b></p> <p><b>Drugs, alcohol and tobacco.</b></p> <p><b>Basic first aid</b></p>	<p>Lesson 1 – <b>First Aid: Emergencies and calling for help.</b> Learning how to help in an emergency.</p> <p>Lesson 2 – <b>First Aid: Bites and stings.</b> Learning what to do if someone has been stung or bitten.</p> <p>Lesson 3 – <b>Be kind online.</b> Learning the importance of being kind online, and what this looks like.</p> <p>Lesson 4- <b>Cyberbullying.</b> Recognising cyberbullying and that involves being unkind online; learning how to deal with it.</p> <p>Lesson 5 – <b>Fake emails</b> Learning that all emails are not genuine and how to identify fake emails.</p> <p>Lesson 6 - <b>Drugs, alcohol and tobacco: Making choices.</b> Learning about the choices that people can make themselves and those that are made by others.</p> <p>Lesson 7- <b>Drugs, alcohol and tobacco: Influences</b></p>	<p>Calmly Reassure Casualty Emergency Operator 999/111 Incident Location Injuries Landmarks Identification Information Hazards Awareness Accident Prevention Assistance Anaphylaxis</p>

Recognising who or what may influence our decisions; exploring how pupils can make sure they are making the right decisions themselves.

Lesson 8- **Keeping safe out and about.**

Developing an understanding of safety on or near roads.

Allergic  
Airways  
Breathing  
Reddening  
Puncture  
Swelling  
Infection  
Venom  
Reaction  
Auto injector  
Positive  
Email  
Kind  
Identity  
Password  
Intended  
Cyberbullying  
Phishing  
Fake  
Real  
Decision  
Rather  
Choice  
Influence  
Distraction  
Rules  
Safety

## Year Four – PSHE & RSE Safety

Essential Skills developed in this unit	Essential Knowledge developed in this unit
<ul style="list-style-type: none"> <li>• How to seek help if I need to.</li> <li>• Exploring what to do if an adult makes me feel uncomfortable.</li> <li>• Learning about the benefits and risks of sharing information online.</li> <li>• Exploring benefits of being a non-smoker.</li> <li>• Learning how to help someone who is having an asthma attack.</li> </ul>	<ul style="list-style-type: none"> <li>• To understand that there are risks to sharing things online.</li> <li>• To know the difference between private and public.</li> <li>• To understand the risks associated with smoking tobacco.</li> <li>• To know that asthma is a condition which causes the airways to narrow.</li> </ul>

CONCEPTS	CONTENT & CONTEXT	VOCABULARY
<b>Safety :</b> <b>Being Safe including online.</b>  <b>Drugs, alcohol and tobacco.</b>  <b>Basic first aid</b>	<p>Lesson 1 – <b>Internet Safety: Age restrictions</b> Learning about age restrictions and how they are designed to protect us.</p> <p>Lesson 2 – <b>Share aware.</b> Understanding the benefits and risks of sharing material online.</p> <p>Lesson 3 – <b>First Aid: Asthma</b> Learning how to help someone who has asthma.</p> <p>Lesson 4 – <b>Privacy and secrecy</b> Developing an understanding of privacy and the differences between secrets and surprises.</p> <p>Lesson 5 – <b>Consuming information online.</b> Understanding that not all information on search engines is valuable.</p> <p>Lesson 6- <b>Tobacco</b> Looking at the risks of smoking and beginning to understand the benefits of being a non-smoker.</p>	Social media      Age restriction Law                      Legal Point of view      Reason For                      Against Debate                Digital age of consent Share aware        Sharing Internet                Airways Trachea                Triggers Inhaler                Lungs <b>Medicine</b> Larynx Inhale                Exhale Inflate                Deflate <b>Private</b> Public Surprise <b>Secret</b> Uncomfortable <b>Worried</b> Sorting                Search engine Non-smoker Tobacco Smoke Choice <b>Risks</b>

## Year Five – PSHE & RSE Safety

Essential Skills developed in this unit	Essential Knowledge developed in this unit
<ul style="list-style-type: none"> <li>• Developing an understanding of how to ensure relationships online are safe.</li> <li>• Learning to make 'for' and 'against' arguments to help with decision making.</li> <li>• Learning about how to help someone who is bleeding.</li> </ul>	<ul style="list-style-type: none"> <li>• To know the steps to take before sending a message online (using the THINK mnemonic).</li> <li>• To know some of the possible risks online.</li> <li>• To know some strategies I can use to overcome pressure from others and make my own decisions.</li> <li>• To know how to assess a casualty's condition.</li> </ul>

CONCEPTS	CONTENT & CONTEXT	VOCABULARY
<b>Safety:</b> <b>Being Safe including online.</b>  <b>Drugs, alcohol and tobacco.</b>  <b>Basic first aid</b>	<p>Lesson 1 – <b>Online friendships</b> To begin to understand some issues related to online friendships including the impact of their actions.</p> <p>Lesson 2 – <b>Staying safe online</b> Learning how to stay safe online; identifying potential dangers and how to avoid them.</p> <p>Lesson 3 – <b>First Aid: Bleeding</b> Children learn how to administer first aid to someone who is bleeding.</p> <p>Lesson 4 – <b>Alcohol, drugs and tobacco: Making decisions</b> Understanding the influence people have on us and how we can make our own decisions.</p>	<p><b>Online</b> Friend</p> <p>Acquaintance Trust</p> <p>Appropriate Sharing</p> <p><b>Risk</b> <b>Danger</b></p> <p><b>Private</b> Arteries</p> <p>Heart Severe</p> <p>Minor Veins</p> <p>Positioning Shock</p> <p>Oxygen Red blood cells</p> <p>Reassuring <b>Circulating</b></p> <p>White blood cells Infection</p> <p>Bandaging <b>Safety</b></p> <p>Influence Choice</p> <p>For</p> <p><b>Against</b></p> <p>Decision</p> <p>Pressure</p> <p>Peer pressure</p> <p>Peer acceptance</p>



## Year Six – PSHE & RSE Safety

Essential Skills developed in this unit	Essential Knowledge developed in this unit
<ul style="list-style-type: none"> <li>• Developing an understanding about the reliability of online information.</li> <li>• Exploring online relationships including dealing with problems.</li> <li>• Discussing the reasons why adults may or may not drink alcohol</li> <li>• Learning how to help someone who is choking.</li> <li>• Placing an unresponsive patient into the recovery position.</li> </ul>	<ul style="list-style-type: none"> <li>• To understand that online relationships should be treated in the same way as face to face relationships.</li> <li>• To know where to get help with online problems.</li> <li>• To understand the risks associated with drinking alcohol.</li> <li>• To know how to conduct a primary survey (using DRABC)</li> </ul>

CONCEPTS	CONTENT & CONTEXT	VOCABULARY
<p><b>Safety:</b> <b>Being Safe including online.</b></p> <p><b>Drugs, alcohol and tobacco.</b></p> <p><b>Basic first aid</b></p>	<p>Lesson 1 – <b>Alcohol</b> Learning about the risks associated with alcohol consumption.</p> <p>Lesson 2 – <b>Critical digital consumers</b> Learning to become discerning consumer of information online with links to the Education for a Connected World framework.</p> <p>Lesson 3 – <b>Social media</b> Learning that online relationships should be treated like face to face relationships.</p> <p>Lesson 4 – <b>Fist Aid: Choking</b> Learning to recognise when someone is choking and understand how to give first aid, including back blows and tummy thrusts and getting medical help if needed.</p> <p>Lesson 5 – <b>First Aid: Basic life support</b> Learning what to do if a casualty is unresponsive and breathing normally, including putting the person into a recovery position and seeking medical help.</p>	<p>Excessive Alcohol Choice <b>Risk</b> Short term Responsible Fake news Long term Reliable sources Internet trolling Bullying Cyberbullying Negative Anonymous Identity Respect <b>Airway</b> Inhale Breathing Obstruction <b>Trachea</b> Windpipe</p>

		<p>Epiglottis Stomach Back blows Abdomen Ribcage Exhale Lungs Oesophagus Unresponsive Alert Primary survey Respiratory rate Heart rate Pulse DRsABC C.P.R (cardiopulmonary resuscitation) Recovery position Monitor Resuscitate Conduct <b>Airway</b> <b>Breathing</b> <b>Circulation</b> Compressions Rescue breaths</p>
--	--	---