

**Health and Wellbeing: Keeping Safe**

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5
<b>NURSERY</b> Crossing roads safely with an adult; keeping safe at home and online (RSE)	<b>I am learning how to keep safe at home</b> Know what a hazard is Identify some hazards in the home Know some ways to keep safe at home	<b>I am learning how to cross roads safely</b> Know that I should cross a road with an adult Know that I should use a crossing if possible Know that I should look both ways Know that I should listen carefully	<b>I am learning how to keep safe online</b> Know that I should also ask permission before using a computer or tablet Know that I should ask permission before changing what I am doing on a computer or tablet Know I should tell an adult if something scares me or makes me feel worried		
<b>RECEPTION</b> Key workers that keep me safe; crossing roads safely; keeping safe online. (RSE)	<b>I am learning about different job roles that keep me safe</b> Know different jobs in the community that keep us safe e.g firefighter, nurse, doctor, paramedic, police officers Know how they keep us safe	<b>I am learning how to keep safe at home</b> Know what a risk and hazards are Identify risk and hazards at home Know some ways to keep myself safe at home	<b>I am learning how to cross roads safely</b> Know that I should cross a road with an adult Know that I should use a crossing if possible Know that I should look both ways Know that I should listen carefully Know that I should only cross when there is a gap I traffic	<b>I am learning how to keep safe online</b> Know that I should also ask permission before going online Know that I should ask permission before changing what I am doing online Know I should tell an adult if something scares me or makes me feel worried	
<b>YEAR 1</b> How rules and age restrictions help us, keeping safe online	<b>I am learning how rules can help us feel safe</b> Know our classroom rules Know why our classroom rules are needed Know that rules are needed so everyone is treated fairly and feels safe Know some places where rules are needed e.g road, swimming pool, building site, railway station Recognise signs Discuss what might happen if there were no rules	<b>I am learning why some things have age restrictions</b> Know what an age restriction is Know that certain products of activities have age restrictions Know that age restrictions keep young people safe Know what things have age restrictions	<b>I am learning basic rules for keeping safe online</b> Know what personal information is Know to be careful not to give out personal information when chatting or posting online Know the importance of asking permission from a trusted adult Tell a trusted adult if someone you only know online asks to meet you	<b>I am learning basic rules for keeping safe online</b> Think carefully before clicking no or opening something online Know that I cannot trust everyone online Tell a trusted adult of something or someone makes you feel upset, worried or confused Know the SMART rules	
<b>Resources</b>	PSHE Folder> Teaching resources> Summer> Keeping Safe> Year 1> Lesson 1 and 2	PSHE Folder> Teaching resources> Summer> Keeping Safe> Year 1> Lesson 1 and 2	Childnet for further resources: <a href="https://www.childnet.com/resources?for=3-7-years">https://www.childnet.com/resources?for=3-7-years</a>	Childnet for further resources: <a href="https://www.childnet.com/resources?for=3-7-years">https://www.childnet.com/resources?for=3-7-years</a>	
<b>YEAR 2</b> Safety in different environments, risk and safety at home, emergencies	<b>I am learning to how to stay safe at home</b> Know what a risk or hazard is Know that risks and hazards can be dangerous Identify risks and hazards at home e.g electrical appliances, fire safety, medicines, household products Know how to keep myself safe at home Know who is responsible for keeping me safe Know how to respond if there is an accident and somebody is hurt Know whose jobs it is to keep us safe Know how to dial 999 and what to say	<b>I am learning how to stay safe outside the home</b> Know what a risk is Know that there are risk everywhere Know that we cannot avoid risks but can minimize them to stay safe Identify risks at outside e.g park, beach, walking down the road Know how to keep myself safe when I am outside Know who is responsible for keeping me safe Know how to respond if there is an accident and somebody is hurt Know whose jobs it is to keep us safe Know how to dial 999 and what to say	<b>I am learning how to cross the road safely</b> Know that I should choose a safe place to cross the road Recognise some unsafe places to cross a road Recognise some safe places to cross a road Know that I should stop before I get to the kerb Know that I need to look in both directions Know I need to listen carefully Know that I shouldn't cross until there is a safe gap in traffic Know I should walk and not run across the road	<b>I am learning about medicines and drugs</b> Know what a medicine or a drug is Know some examples of medicines or drugs e.g paracetamol, inhalers, epipen, suncream Know that some medicines or drugs can help us feel better if not feeling well Know that medicines come in different forms and are used in different ways Recognise that some medicines, such as vaccinations, can help prevent illness and disease and that some people needs to take medicines every day to help them stay healthy Identify who helps people to stay healthy and what they do	<b>I am learning how to stay safe online</b> Know some possible uses of the internet e.g playing games, finding out information, streaming a film, messaging friends Know what personal information is Know I can ask for help Know who I can ask for help Know I should tell an adult if something scares or worries me Know the importance of asking permission
<b>Resources</b>	PSHE Folder> Teaching resources> Summer> Keeping Safe> Year 2> Lesson 1	PSHE Folder> Teaching resources> Summer> Keeping Safe> Year 2> Lesson 2	PSHE Folder> Teaching resources> Summer> Keeping Safe> Year 2> Lesson 3	PSHE Folder> Teaching resources> Summer> Keeping Safe> Year 2> Lesson 4	PSHE Folder> Teaching resources> Summer> Keeping Safe> Year 2> Lesson 5