

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Me and my family	Positive relationships	Healthy lifestyle	Mental wellbeing	Keeping safe	The wider world

Topic	Sticky knowledge	
Aut 1: Me and my family	<u>Year 1</u> <ol style="list-style-type: none"> 1. I can tell you what a family is in the context of my own family. 2. I can talk about how all families have similarities and differences but are all valued equally. 3. I know who to talk to if I feel unsafe in my family relationships. 	<u>Year 2</u> <ol style="list-style-type: none"> 1. I can tell you what a family is and common features of family life. 2. I can talk about different family structures, routines and traditions and how they are all valued equally. 3. I know who to talk to if I feel unsafe in my family relationships.
Aut 1: Body safety	<ol style="list-style-type: none"> 1. I know that my private parts belong only to me and if someone asks to see them I tell them no. 2. I know what consent means and how it relates to appropriate and inappropriate touch. 3. I know who to talk to if I or someone I know feels unsafe or uncomfortable. <p style="text-align: center;"><u>Vocabulary</u> <i>personal, help, appropriate, inappropriate, touch, consent, private parts</i></p>	

Aut 1: School and Home safety	<ol style="list-style-type: none"> 1. I know who keeps me safe in school and who to talk to in school when I feel unsafe. 2. I know who can and cannot come into my school and how my school is protected from strangers. 3. I know what first aid is and I am aware of what first aid is required in different scenarios e.g. head injuries and cuts. <p style="text-align: center;"><u>Vocabulary</u></p> <p style="text-align: center;"><i>being safe, help, lock, safe adult, safeguarding, staff badge, first aid, injuries</i></p>	
Aut 2: Positive relationships	<p style="text-align: center;"><u>Year 1</u></p> <ol style="list-style-type: none"> 1. I can talk about what makes a good friend and how my friends make me feel. 2. I can talk about why bullying is wrong and who to go to for help if I am being bullied. 3. I know that my body parts belong only to me and who to talk to if I feel unsafe. 	<p style="text-align: center;"><u>Year 2</u></p> <ol style="list-style-type: none"> 1. I can talk about how I show respect to others and what to do when I fall out with someone. 2. I can talk about what bullying looks like, how it makes people feel and who to go to for help if I/someone else is being bullied. 3. I know that my body parts belong only to me and who to talk to if I feel unsafe.
Aut 2: Stranger danger	<ol style="list-style-type: none"> 1. I know how to call 999 in an emergency or when I feel unsafe. 2. I know what to do if I a stranger comes up to me. 3. I know who safe adults are and which places to go to if I get lost. <p style="text-align: center;"><u>Vocabulary</u></p> <p style="text-align: center;"><i>being safe, help, stranger, danger, safe adult, uniform, safe place</i></p>	

Spr 1: Healthy lifestyle	<p style="text-align: center;"><u>Year 1</u></p> <ol style="list-style-type: none"> 1. I am able to talk about what healthy means. 2. I am able to talk about how we can keep healthy e.g. diet, exercise, brush teeth, sleep. 3. I know how to stop germs from spreading and basic hygiene routines e.g. washing hands. 	<p style="text-align: center;"><u>Year 2</u></p> <ol style="list-style-type: none"> 1. I am able to talk about what physical health means and how to keep healthy. 2. I am able to talk about what I can do in my everyday life to make sure that I am leading a healthy lifestyle. 3. I know how to have good hygiene and who to talk to if I am worried about my health.
Spr 1: fire and electrical safety	<ol style="list-style-type: none"> 1. I know the role of a firefighter and how they can help us when there is a fire. 2. know how to leave a building safely during a fire e.g. leave everything, find fire exit, stay low. 3. I know how to keep myself safe around a range of electrical appliances e.g. plug sockets, wires and switches. <p style="text-align: center;"><u>Vocabulary</u></p> <p style="text-align: center;"><i>electricity, risk, harm, fire symbols, electrical appliances, plugs, wires, sockets, switches</i></p>	
Spr 2: Mental wellbeing	<p style="text-align: center;"><u>Year 1</u></p> <ol style="list-style-type: none"> 1. I am able to talk about my own mental wellbeing and the different emotions that I feel. 2. I know ways to make myself feel better and improve my mental wellbeing. 3. I know who to talk to if I am worried about my own mental wellbeing. 	<p style="text-align: center;"><u>Year 2</u></p> <ol style="list-style-type: none"> 1. I am able to talk about what mental wellbeing means and the range of emotions people can experience. 2. I know the physical signs of different emotions and how to respond to them appropriately to improve my mental wellbeing. 3. I know who to talk to if I am worried about my own/someone else's mental wellbeing.

Spr 2: Online safety	<ol style="list-style-type: none"> 1. I know that I should not share my personal information online. 2. I know that I should not talk to or meet up with anyone I meet online. 3. I know who to talk to if me or anyone I know is being cyber bullied. <p style="text-align: center;"><u>Vocabulary</u></p> <p style="text-align: center;"><i>online, permission, cyber bullying, search engine, private, password, personal information</i></p>	
Sum 1: Keeping safe	<p style="text-align: center;"><u>Year 1</u></p> <ol style="list-style-type: none"> 1. I can talk about how I can keep safe in school and at home and how to make an emergency call if I don't feel safe. 2. I know that I need to look left and right and listen when crossing a road with adult assistance. 3. I can talk about how I can keep safe online and who to talk to if someone I don't know messages them. 	<p style="text-align: center;"><u>Year 2</u></p> <ol style="list-style-type: none"> 1. I know how to safely cross the road independently using traffic light crossings and zebra crossings. 2. I can talk about how I can keep safe at the beach and at the railway and who to talk to if I feel unsafe (lifeguard, rail guard). 3. I can talk about how I can keep safe online, how to protect my personal information and who to talk to if someone I don't know messages them.
Sum 1: Road safety	<ol style="list-style-type: none"> 1. I know how to stop, look and listen when crossing a road. 2. I know how to safely cross the road independently using pelican crossings and zebra crossings. 3. I know how to safely cross the road when cycling or scootering. <p style="text-align: center;"><u>Vocabulary</u></p> <p style="text-align: center;"><i>traffic, dangerous, hazards, risk, pelican crossing, zebra crossing, lollipop person</i></p>	

Sum 1: Rail safety	<ol style="list-style-type: none"> 1. I know how to be safe when waiting for a train at a train station. 2. I know how to safely cross a level crossing with adult assistance. 3. I know what the railway warning signs mean e.g. electricity, level crossing gate and traffic lights. <p style="text-align: center;"><u>Vocabulary</u></p> <p style="text-align: center;"><i>railway, train, hazards, warning signs, electricity, level crossing</i></p>	
Sum 2: The wider world	<p style="text-align: center;"><u>Year 1</u></p> <ol style="list-style-type: none"> 1. I can talk about my community and the rules within it. 2. I can talk about things I can do to make the wider world a better place. 3. I can talk about what I want to be when I grow up and why. 	<p style="text-align: center;"><u>Year 2</u></p> <ol style="list-style-type: none"> 1. I can talk about what a community is and how all communities have differences but are equally valued. 2. I can talk about my responsibilities and the responsibilities of others to make the wider world a better place. 3. I can talk about what I want to be when I grow up and what I will spend my money on.
Sum 2: sun safety	<ol style="list-style-type: none"> 1. I know how to protect my body from too much sun e.g. sun cream, sun hat, sunglasses, shade, hydration. 2. I know when the hottest part of the day is and that I should avoid being in direct sun at this time. 3. I know why I have to stay safe in the sun what will happen if I don't protect myself from the sun. <p style="text-align: center;"><u>Vocabulary</u></p> <p style="text-align: center;"><i>shade, hydration, direct sunlight, hottest, sunburn, damage</i></p>	

Sum 2: water and beach safety

1. I know how to keep safe in/near the sea e.g. stay together and float.
2. I know the role of a lifeguard and how they keep me safe.
3. I know which flags tell me that it is safe to go into the sea.

Vocabulary

float, safety flags, rescue, lifeguard, depth