



PSHE Topic: What keeps us safe?

Year: 3 Term: Autumn 2

Key Knowledge/Content:

Health:

- To know what is meant by first aid.
- To know how to respond and react in an emergency and how to identify situations that may require the emergency services; know how to contact them and what to say.
- To know about hazards that may cause harm, injury or risk in the home and what they can do to reduce risks and keep safe.
- To understand the importance of taking medicines correctly and using household products safely.
- To know how medicines, when used responsibly, contribute to health.

Relationships:

- To recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact.
- To understand about seeking and giving permission (consent) in different situations.
- To recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this.

Links to:

Prior learning:

Children have discussed what keeps us safe and healthy.

Future learning:

Children will discuss how to carry out first aid correctly on various injuries and how drugs/medication can affect everyday health.

Key vocabulary with definition:

Prior vocabulary:

- Name of body parts including private parts. Separate list can be provided if requested.
- Permission – The action of officially allowing someone to do a particular thing.
- Physical contact – The act of touching physically.
- Safe person – An individual others seek out when they need help.
- Healthy - In a good physical or mental condition.

New vocabulary:

- Medication – A drug or other form of medicine that is used to treat or prevent disease.
- First aid – Help given to a sick or injured person until full medical treatment is available.
- Emergency – A serious, unexpected, and often dangerous situation requiring immediate action.
- Hazards – A danger or risk.
- Injuries – An instance of being injured.
- Peer – pressure - Influence from members of one's peer group.

By the end of this unit

All children can: recognise how everyday health and hygiene routines help people stay safe and healthy.

Most children can: demonstrate how to ask for and give/not give permission regarding physical contact and **know** how to respond if physical contact makes them uncomfortable or unsafe.

Some children can: demonstrate and **explain** how to recognise hazards that may cause harm or injury and **know** what they should do to reduce risk and keep themselves safe.

Background understanding for teachers and parents:

This unit will look at the various ways you can keep healthy and safe, focusing on the use of household medications, emergency services and identifying hazards. Children will explore how to respond to certain behaviours that make them feel uncomfortable or unsafe and revisit the importance of asking someone for permission when carrying out physical touch.

Curriculum Driver:

Healthy lifestyle

Evidence outcome:

Children will understand how medication contributes to someone being healthy and how to respond if a medical emergency was to arise. Children will demonstrate what that they need to do if someone or something makes them feel unsafe or uncomfortable.