



Key Facts

- For a healthy family life, it is important to care for, protect, and spend time with each other
- Families are important for children growing up because they can give love, security and stability
- You must seek help and advice if you feel uncomfortable, unsafe or unhappy with a particular relationship
- It is important to respond safely and appropriately to people who you do not know very well
- There are a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations

I will learn the following new words/phrases:

Community	A group of people living in the same place or sharing a common interest.
Discuss	To talk about something with another person or group.
Choice	To pick or choose between two or more possibilities.
Pedestrian	A person walking rather than travelling in a vehicle, such as a car.
Zebra Crossing	A black and white road crossing where drivers should stop to let any pedestrians cross.
Pelican Crossing	A road crossing controlled by traffic lights.
Puffin Crossing	A road crossing with sensors that can detect when a pedestrian is still on the crossing.
Toucan Crossing	A road crossing which both pedestrians and cyclists can use.
Avoid	To keep away from.
Situation	What is happening now.
Risk	The possibility that something unpleasant or dangerous will happen.
Safe	Not likely to cause or lead to harm or injury.
Imaginary	Something that only exists in your mind or imagination.

By the end of these topics, I should:

- understand what I need to keep safe from
- be able to recognise what may put me or others at risk
- understand why it is important to stay safe when crossing the road
- be able to recognise a range of safe places to cross the road
- understand the differences between safe and risky choices
- know different ways to help us stay safe

Ask me a question!

- What do you need to keep safe from?
- Who keeps us safe?
- How can we keep ourselves and others safe?
- How can we stay safe from sun rays?
- Can you list some road safety rules?
- How can you cross a road safely?
- How can you stay safe in a vehicle?

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Module: Keeping/Staying Healthy

Topic: Baseline Assessment and Washing Hands

Key Facts

- Mental wellbeing is a normal part of daily life, in the same way as physical health
- It is important to wash your hands to reduce the spread of germs
- There are many benefits of resting, spending time with friends and family, and having hobbies
- Good quality sleep is important for good health, and a lack of sleep can affect weight, mood and ability to learn

By the end of these topics, I should:

- understand what we can do to keep healthy
- understand why we need to wash our hands
- know how germs are spread and how they can affect our health
- be able to practise washing your hands
- know the differences between healthy and unhealthy choices



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I will learn the following new words/phrases:

Healthy	<i>In good physical or mental condition.</i>
Unhealthy	<i>Not in good physical or mental condition.</i>
Germs	<i>Tiny organisms that can cause disease.</i>

Ask me a question!

- What does a healthy person look like?
- What does an unhealthy person look like?
- How can you stay healthy?
- When should we wash our hands?
- Why is important to wash our hands?
- What are germs? What can they do?



Key Facts

- Families are important for children growing up because they can give love, security and stability
- Others' families, either in school or in the wider world, sometimes look different from your own family. However, you should respect those differences and know that other children's families are also characterised by love and care for each other
- Friendships are important in making us feel happy and secure
- Most friendships have ups and downs, and these can often be worked through so that the friendship is repaired or even strengthened. Resorting to violence is never right
- Healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded

By the end of these topics, I should:

- understand different types of relationships
- understand how to be a good friend
- be able to recognise kind and thoughtful behaviours
- understand the importance of caring about other people's feelings
- be able to see a situation from another person's point of view



I will learn the following new words/phrases:

Relationship	A connection between two or more people or things.
Love	Strong feelings of affection for another person, activity, or object.
Security	Feeling safe and free from fear or danger.
Stability	Reliable or unlikely to change suddenly.
Disagree	To have a different opinion. The opposite of agree.

Ask me a question!

- What types of relationships are there?
- How can you show that you care about special people/things?
- What makes a good friend?
- What kind of things can friends fall out over or disagree about?
- What can we do if we fall out with our friends?



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Module: Being Responsible

Topic: Baseline Assessment and Water Spillage



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Key Facts

- For a healthy family life, it is important to care for, protect, and spend time with each other
- There are practical steps you can take to improve or support respectful relationships
- There may be occasions where you need to make a clear and efficient call to emergency services

I will learn the following new words/phrases:

Responsibility	Something you are expected to do.
Responsible	To have control or be in charge of something. Capable of being trusted.
Accident	Something that is unplanned. It happens by chance and is often a negative event.
Honesty	To speak the truth.
Dishonest	To not tell the truth or to tell lies.

By the end of these topics, I should:

- understand what we are responsible for
- be able to recognise how responsibilities will change as we grow
- know how you can help people around you
- understand the types of things you are responsible for
- know how and understand the importance of preventing accidents
- be able to recognise the differences between being responsible and being irresponsible

Ask me a question!

- What are you responsible for?
- What new things may you be responsible for as you grow?
- How can we prevent accidents?
- How can we be responsible in the classroom?





Key Facts

- Isolation and loneliness can affect children and it is very important for children to discuss their feelings with an adult and seek support
- The different characteristics of a friendship include: mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and supporting each other with problems and difficulties
- Healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded
- Most friendships have ups and downs, and these can often be worked through so that the friendship is repaired or even strengthened. Resorting to violence is never right

I will learn the following new words/phrases:

Recognising	Identifying someone or something from previous experience or contact.
Loneliness	The feeling of being alone, even when people are around.
Frustration	Feeling upset or annoyed because you cannot change or achieve something.
Experience	Gaining knowledge or skill from doing, seeing, or feeling things.
Jealousy	A feeling of envy towards another person and what they have or can do.

By the end of these topics, I should:

- understand a range of emotions and how they make us feel physically and mentally
- be able to recognise and name emotions and their physical effects
- know the difference between pleasant and unpleasant emotions
- learn a range of skills for coping with unpleasant/uncomfortable emotions
- understand that feelings can be communicated with and without words

Ask me a question!

- How do we experience feelings and emotions in our bodies?
- Who can support us with our feelings/emotions?
- How can we reduce the unpleasant effects of negative emotions?
- Can you describe the feeling of jealousy?





Key Facts

- The internet is an integral part of life and has many benefits
- The same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous
- Bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.
- The internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health
- It is important to consider the effect of your online actions on others

Ask me a question!

- What are the positives and negatives of being online?
- Who could you talk to if you experience someone being unkind to you?

I will learn the following new words/phrases:

Online	Connected to or controlled by a computer or network.
Positive	Full of hope and confidence.
Negative	Not helpful or constructive.

By the end of these topics, I should:

- understand computers, the internet, and rules to keep safe
- understand how your online activity can affect others
- be able to identify the positives and negatives of using technology
- know who and how to ask for help
- be able to recognise kind and unkind comments



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Module: Our World

Topic: Baseline Assessment and Growing in Our World



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Key Facts

- Stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up
- Others' families, either in school or in the wider world, sometimes look different from your own family. However, you should respect those differences and know that other children's families are also characterised by love and care for each other

I will learn the following new words/phrases:

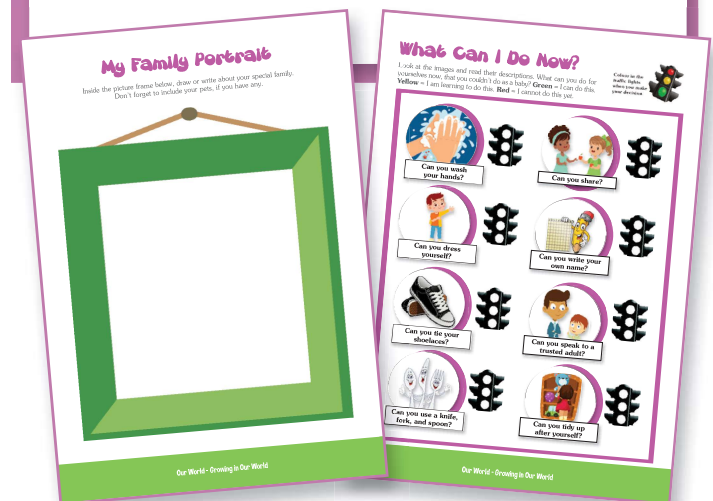
Planet	A planet is a large object that orbits a star.
World	The earth, together with all of its countries and people.
Environment	The surroundings or conditions in which a person, animal, or plant lives or operates.
Humans	Being, relating to, or belonging to a person or to people.
Reproduce	To create another life.
Protect	Keep safe from harm or injury.
Unique	Being the only one of its kind; unlike anything else.
Common	Occurring, found, or done often.

By the end of these topics, I should:

- understand how we care for others
- understand the needs of a baby
- be able to recognise what you can do for yourself now you are older
- be able to describe the common features of family life
- be able to recognise the ways in which your family is special and unique

Ask me a question!

- What things grow on Earth?
- What does a baby need to grow?
- What can you do for yourself now, that you couldn't do as a baby?
- What do all families have in common?



Key Facts

- There are associated risks with legal and illegal harmful substances
- If you need to seek help or advice, it is important that you ask for it and keep trying until you are heard
- Families are important for children growing up because they can give love, security and stability
- It is important to recognise and report feelings of being unsafe

Ask me a question!

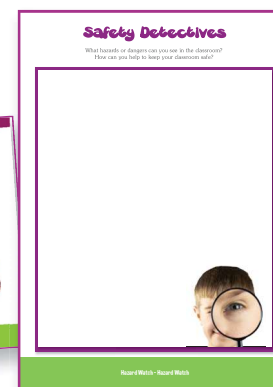
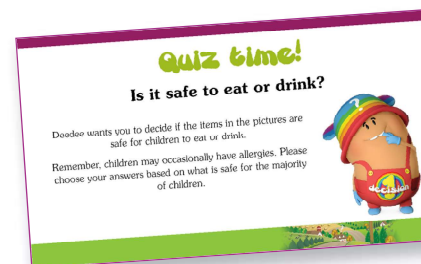
- How do our special adults keep us safe?
- What kind of objects or items do adults keep us safe from?
- What could you do if you spot a potential danger or hazard at home, at school, or in the community?

I will learn the following new words/phrases:

Potential	<i>A chance that something will happen in the future.</i>
Sibling	<i>A brother or sister.</i>
Community	<i>A group of people living in the same place or sharing a common interest.</i>
Hazard	<i>A danger or risk.</i>
Danger	<i>Likely to cause harm or injury. Something that is not safe.</i>

By the end of these topics, I should:

- know what items are safe to play with and what items are unsafe to play with
- be able to name potential dangers in different environments
- know what food and drink items are safe or unsafe to eat or drink
- be able to name dangers that can affect others, for example younger siblings



Module: Fire Safety (Special Module)

Topic: Baseline/Summative Assessment, Hoax Calling, Petty Arson, Texting Whilst Driving, and Fire Safety Documentary

Key Facts

- In school and in wider society, you can expect to be treated with respect by others, and in turn, you should show due respect to others, including those in positions of authority
- It is important to recognise and talk about your emotions
- It is important to recognise and report feelings of being unsafe or feeling bad about any adult
- There may be occasions where you need to make a clear and efficient call to emergency services

Ask me a question!

- Who can help keep us safe?
- What is an emergency?
- When might the Fire Service be needed?
- Why should you not distract a driver?

By the end of these topics, I should:

- know what a 'hoax call' is and why it can be risky
- understand why our emergency services are an important part of our community
- be able to show my knowledge of fire safety to others
- be able to practise simple ways of staying safe and finding help
- be able to recognise how drivers can be distracted
- understand the importance of being responsible and how our actions/choice can affect others

I will learn the following new words/phrases:

Burgled	When a building is illegally entered and items are stolen.
Collapsed	A person or structure that suddenly falls down.
Flammable	Can easily catch fire.
Distraction	Something that prevents you from concentrating on something else.
Emergency	A crisis or dangerous situation that requires immediate action.
Hoax	When you trick someone into believing that something fake is real or genuine.
Declaration	An important spoken or written agreement.

