



Sholing Infant School – PSHE and Safety Curriculum Coverage



Year 1	Autumn 1 – Me and my family <i>Body safety</i> <i>School safety</i>	Autumn 2 – Positive relationships <i>Stranger danger</i>	Spring 1 – Healthy lifestyle <i>Fire and electrical safety</i>	Spring 2 – Mental wellbeing <i>Online safety</i>	Summer 1 – Keeping safe <i>Road safety</i> <i>Rail safety</i>	Summer 2 – The wider world <i>Sun safety</i> <i>Water and beach safety</i>
PSHE Curriculum objectives	Recognise that families can give love and security. To recognise that all families are different but equally valued. To know who to talk to if you feel unsafe.	Recognise how friendships should make us feel and the characteristics of a positive and safe relationship. To know what bullying is and how to seek help.	To know what healthy means, what constitutes a healthy diet and the importance of physical activity. To recognise the importance of personal hygiene.	To know the importance of positive mental wellbeing and recognise a range of emotions we experience in our everyday lives.	To recognise risks/harms in our everyday lives. To understand the importance of online safety and who to talk to if we feel unsafe.	To recognise why we have rules and laws. To know what impact we have on our local community and the wider world.
Sticky knowledge	<ul style="list-style-type: none"> ❖ I can tell you what a family is in the context of my own family. ❖ I can talk about how all families have similarities and differences but are all valued equally. ❖ I know who to talk to if I feel unsafe in my family relationships. 	<ul style="list-style-type: none"> ❖ I can talk about what makes a good friend and how my friends make me feel. ❖ I can talk about why bullying is wrong and who to go to for help if I am being bullied. ❖ I know that my body parts belong only to me and who to talk to if I feel unsafe. 	<ul style="list-style-type: none"> ❖ I am able to talk about what healthy means. ❖ I am able to talk about how we can keep healthy e.g. diet, exercise, brush teeth, sleep. ❖ I know how to stop germs from spreading and basic hygiene routines e.g. washing hands. 	<ul style="list-style-type: none"> ❖ I am able to talk about my own mental wellbeing and the different emotions that I feel. ❖ I know ways to make myself feel better and improve my mental wellbeing. ❖ I know who to talk to if I am worried about my own mental wellbeing. 	<ul style="list-style-type: none"> ❖ 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. ❖ I can talk about how I can keep safe online and who to talk to if someone I don't know messages me. 	<ul style="list-style-type: none"> ❖ I can talk about my community and the rules within it. ❖ I can talk about things I can do to make the wider world a better place. ❖ I can talk about what I want to be when I grow up and why.
Vocabulary	<i>special, unique, similarities, differences, care for, safe/unsafe, family life, respect, traditions, caring relationships, feelings, roles, growing up, closeness.</i>	<i>characteristics, respect, trust, interests, problems, repaired, arguments, resolve, lonely, bullying, teasing, name-calling, rumours, threats, united, private, opinions, beliefs.</i>	<i>diet, food groups, benefits, physical activity, mental health, active lifestyle, routine, dentist, hygiene, spreading, medicine, rest, mood.</i>	<i>mental wellbeing, mental health, emotions (afraid, calm, in-love, worried), physical signs, self-care, impact, loneliness, change, loss.</i>	<i>risk, action, emergency services, trusted adult, familiar/unfamiliar, environment, offline, internet, messaging, limits.</i>	<i>wider world, rules, environment, strengths, jobs, community.</i>
Safety Focus	Body safety	Stranger danger	Fire and electrical safety	Online safety	Road safety	Sun safety
Sticky knowledge	<ul style="list-style-type: none"> ❖ I know what consent means and how it relates to appropriate and inappropriate touch. 	<ul style="list-style-type: none"> ❖ I know how to call 999 in an emergency or when I feel unsafe. ❖ I know what to do if I a stranger comes up to me. 	<ul style="list-style-type: none"> ❖ I know the role of a firefighter and how they can help us when there is a fire. ❖ I know how to leave a building safely 	<ul style="list-style-type: none"> ❖ I know that I should not share my personal information online. ❖ I know that I should not talk to or meet 	<ul style="list-style-type: none"> ❖ I know when it is a safe place to cross a road e.g. traffic lights, not between cars. 	<ul style="list-style-type: none"> ❖ I know how to protect my body from too much sun e.g. sun cream, sun hat, sunglasses, shade, hydration.



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	❖ I know who to talk to if I or someone I know feels unsafe or uncomfortable.	❖ I know who safe adults are and which places to go to if I get lost.	during a fire e.g. leave everything, find fire exit, stay low.	up with anyone I meet online.	❖ I know how to safely cross the road independently using pelican crossings and zebra crossings.	❖ I know why I have to stay safe in the sun and what will happen if I don't protect myself from the sun. ❖
Vocabulary	<i>personal, help, appropriate, inappropriate, touch, consent, private parts, secret</i>	<i>being safe, help, stranger, danger, safe adult, uniform, safe place</i>	<i>electricity, risk, harm, fire symbols, electrical appliances, plugs, wires, sockets, switches</i>	<i>online, permission, cyber bullying, search engine, private, password, personal information</i>	<i>traffic, dangerous, hazards, risk, pelican crossing, zebra crossing, lollipop person</i>	<i>shade, hydration, direct sunlight, hottest, sunburn, damage</i>
Safety Focus	School safety				Rail safety	Water and beach safety
Sticky knowledge	❖ I know who keeps me safe in school/home and who to talk to in school when I feel unsafe. ❖ I know who can and cannot come into my school and how my school is protected from strangers. ❖ I know what first aid is and how head injuries are treated.				❖ I know how to be safe when waiting for a train at a train station e.g. stand behind the yellow line.	❖ I know how to keep safe in/near the sea e.g. stay together and float. ❖ I know the role of a lifeguard and how they keep me safe.
Vocabulary	<i>being safe, help, lock, safe adult, safeguarding, staff badge, first aid, injuries</i>				<i>railway, train station, hazards, warning signs, electricity, level crossing</i>	<i>float, safety flags, rescue, lifeguard, depth, coast guard</i>

Year 2	Autumn 1 – Me and my family <i>Body safety</i> <i>School safety</i>	Autumn 2 – Positive relationships <i>Stranger danger</i>	Spring 1 – Healthy lifestyle <i>Fire and electrical safety</i>	Spring 2 – Mental wellbeing <i>Online safety</i>	Summer 1 – Keeping safe <i>Road safety</i> <i>Rail safety</i>	Summer 2 – The wider world <i>Sun safety</i> <i>Water safety</i>
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PSHE Curriculum objectives	To recognise the characteristics of healthy family life. To recognise that all families are different but have similar core values. To know who to talk to if we feel unsafe.	To know what a respectful relationship. To recognise that all relationships have ups and downs and how to manage conflict. To know what bullying is and how to seek help.	To know what healthy means to me, what constitutes a healthy diet (calories/nutrition) and the benefits of physical activity. To know how to look after my own personal hygiene.	To know the importance of positive mental wellbeing and recognise a range of emotions we experience in our everyday lives. To understand the link between physical and mental health.	To recognise risks/harms and know how to minimise them in our everyday lives. To understand the importance of online safety and who to talk to if we feel unsafe.	To recognise why we have rules and laws. To know what impact we have on our local community and the wider world. To understand why people have paid jobs and the role of money in our lives.
Sticky knowledge	<ul style="list-style-type: none"> ❖ I can tell you what a family is and common features of family life. ❖ I can talk about different family structures, routines and traditions and how they are all valued equally. ❖ I know who to talk to if I feel unsafe in my family relationships. 	<ul style="list-style-type: none"> ❖ I can talk about how I show respect to others and what to do when I fall out with someone. ❖ 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. ❖ I know that my body parts belong only to me and who to talk to if I feel unsafe. 	<ul style="list-style-type: none"> ❖ I am able to talk about what physical health means and how to keep healthy. ❖ I am able to talk about what I can do in my everyday life to make sure that I am leading a healthy lifestyle. ❖ I know how to have good hygiene and who to talk to if I am worried about my health. 	<ul style="list-style-type: none"> ❖ I am able to talk about what mental wellbeing means and the range of emotions people can experience. ❖ I know the physical signs of different emotions and how to respond to them appropriately to improve my mental wellbeing. ❖ I know who to talk to if I am worried about my own/someone else's mental wellbeing. 	<ul style="list-style-type: none"> ❖ I know how to safely cross the road independently using traffic light crossings and zebra crossings. ❖ 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. ❖ 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. 	<ul style="list-style-type: none"> ❖ I can talk about what a community is and how all communities have differences but are equally valued. ❖ I can talk about my responsibilities and the responsibilities of others to make the wider world a better place. ❖ I can talk about what I want to be when I grow up and what I will spend my money on.
Vocabulary	<i>difficult, managing, security, stability, healthy relationships, commitment, protection, characteristics, structure, adoption, advice, services.</i>	<i>secure, trustworthiness, loyalty, generosity, experiences, strategies, positive/negative, welcoming, excluded, uncomfortable, conflict, support, undermining, deliberately, cyber-bullying, society</i>	<i>risk, calories, nutrition, preparation, regular, keep fit, oral hygiene, flossing, bacteria, viruses, vaccines, quality.</i>	<i>recognise, situations, emotions (upset, unhappy, down, heartbroken, devastated, depressed, over-joyed, delighted, thrilled, beaming, excited, overwhelmed, furious, livid, terrified, relaxed +), appropriate, managing, grief, isolation.</i>	<i>risk-taking, electrical appliances, medicines, first-aid, hazard, level crossings, personal information, parental control, passwords, trusted websites, sources of information, isolation.</i>	<i>pollution, responsibilities, money, wages, bills, interests.</i>
Safety Focus	Body safety	Stranger danger	Fire and electrical safety	Online safety	Road safety	Sun safety



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Sticky knowledge	❖ I know when it is not okay to keep something a secret.	❖ I know my parents full name, home address and my parents phone numbers.	❖ I know how to keep myself safe around a range of electrical appliances e.g. plug sockets, wires and switches.	❖ I know what to do if someone asks me to do something online that makes me feel uncomfortable. ❖ I know that I should not share nude images of myself or others online.	❖ I know how to safely cross the road when cycling or scootering.	❖ I know when the hottest part of the day is and that I should avoid being in direct sun at this time.
Vocabulary	<i>personal, help, appropriate, inappropriate, touch, consent, private parts, secret</i>	<i>being safe, help, stranger, danger, safe adult, uniform, safe place</i>	<i>electricity, risk, harm, fire symbols, electrical appliances, plugs, wires, sockets, switches</i>	<i>online, permission, cyber bullying, search engine, private, password, personal information</i>	<i>traffic, dangerous, hazards, risk, pelican crossing, zebra crossing, lollipop person</i>	<i>shade, hydration, direct sunlight, hottest, sunburn, damage</i>
Safety Focus	School safety				Rail safety	Water and beach safety
Sticky knowledge	❖ I know who my school designated safeguarding leads are. ❖ I know what first aiders do when dealing with a range of different injuries e.g. cold compress, pressure on wound, recovery position.				❖ I know how to safely cross a level crossing with adult assistance. ❖ I know what the railway warning signs mean e.g. electricity, level crossing gate and traffic lights.	❖ I know which flags tell me that it is safe to go into the sea. ❖ I know to call 999 and ask for the coastguard if someone is in danger on the beach.
Vocabulary	<i>being safe, help, lock, safe adult, safeguarding, staff badge, first aid, injuries</i>				<i>railway, train station, hazards, warning signs, electricity, level crossing</i>	<i>float, safety flags, rescue, lifeguard, depth, coast guard</i>