

Year 1 Term 1

What can we find out when we explore?

PSHE



Progression in Skill:

Know what you can do if you are worried for yourself or anyone else or if you come across something that scares or concerns you.

Know how to respond safely to an adult you don't know. Know who your trusted adults are and who you should be more cautious of.

Recognise the sorts of information that should and should not be shared with others.

Know that you should keep asking for help until you feel heard.

Suggest ways to get help if there is an accident and someone is hurt.

Know how to attract someone's attention and ask for help, including what to say.

Know how to dial 999 in an emergency and what you need to say.

Suggest ways to stay safe near roads and railways.

Suggest ways to stay safe in large crowds and busy places.

Know how to use a knife safely.

Know why rules are important.

Long-term Memory Knowledge:

Name some trusted adults who can help you.

Know what to say and do when meeting unknown adults, e.g. visitor to school, adults in the park, someone working in a shop, etc.

Suggest the most useful person to turn to in different environments, e.g. station guard at the station.

Suggest how to safely approach someone for help and what they might say.

Suggest how to respond safely to an unknown adult.

Have strategies to use when they feel unsafe or worried, e.g. who to talk to, when, etc.

Know that it's important to keep asking for help until they are heard.

Know who to ask for help in the case of an accident, when to dial 999 and what to say.

Key Vocabulary

safe	avoid danger and risk
emergency	a serious situation that needs help quickly
trusted	someone who will do the right thing
999	the number to ring when you need one of the emergency services
emergency services	People who will help in an emergency: police, paramedics, fire service, coastguard
paramedics	people who will come in an ambulance if someone is very ill or hurt very badly
coastguard	people who will help if there is an emergency near or on the sea

Progression in Resources:

Non-fiction books

Informative videos

Relevance

Now	Children will know to find an adult if they or their peers are hurt at school; they recognise 'safer' adults to approach if their known adult is not available. They will make responsible choices.
Future	Children will be able to respond to an emergency independently; they will turn to the appropriate services, e.g. fire, police, etc. and recognise when is and isn't an appropriate time to use such emergency services – they will not waste operators time. As they gain greater independence, they will be able to manage risk to reduce the risk of emergency.
Aspiration	They may choose a career as part of one of the emergency services, or a 999 call operator. They may volunteer for organisations such as the St John's Ambulance.

Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance

The concept of privacy and its implications for both children and adults; including that it is not always right to keep secrets if they relate to being safe.

How to respond safely and appropriately to adults they may encounter (in all contexts, including online), including those they do and do not know.

How to recognise when a relationship is harmful or dangerous, including skills for recognising who to trust and who not to trust.

How to ask for advice or help for themselves or others, and to keep trying until they get heard. Where to get advice e.g. family, school and/or other sources.

Why social media, some apps, computer games and online gaming, including gambling sites are age restricted.

How to make a clear and efficient call to emergency services if necessary, including the importance of reporting incidents rather than filming them.

Essential Prior Learning:

Children should know the Police, Ambulance and Fire Service help to keep us safe. Children know that they are **responsible** for helping to keep themselves and others safe at school through their behaviour choices.