

Keeping myself safe

Innovation

Prior Knowledge

In Year 1 we learned about how our bodies get energy from food, water and air. We also learned about the importance of exercise in leading a healthy and active lifestyle.



My Component Knowledge:

Lesson 1: I can identify safe adults and explain how they keep me safe.

Lesson 2: I can explain how I can look after myself when I don't feel well.

Lesson 3: I can identify situations when I may feel safe/unsafe and suggest who to go to for support.

Lesson 4: I can identify situations when I would say yes, no, I'll ask and I'll tell.

Lesson 5: I can understand what I should do if I feel uncomfortable when someone touches me.

Lesson 6: I can describe the different types of touch.

My Composite Knowledge:

I can recognise situations when I might feel unsafe and explain strategies that I can use.

My Powerful Knowledge:

I can learn about the different situations in my life that might make me uncomfortable. I can identify safe adults that I can go to for support. I can recognise the importance of consent and speaking up if I ever feel unsafe.

Key Vocabulary

Tier 1: safe, unsafe.

Tier 2: body, trust.

Tier 3: appropriate, inappropriate.



Who are your safe adults?

Who could you go to if you ever felt unsafe?



How could you look after yourself if you didn't feel well?