

Keeping myself safe- PHSE

Civilisation

Key Vocabulary

Tier 1: good, bad, safe, healthy, unhealthy, diet, exercise, scared, worried, trust,, private

Tier 2: risk, balanced diet, private, secrets, anxious, nervous, medicine,

Prior Knowledge

Reception:

Keeping myself safe: good and body things for my body; indoors, outdoors and online; listening to



My Component Knowledge:

Lesson 1: I can make links to my prior learning and identify how to keep my body healthy I including the importance of sleep.

Lesson 2: I can identify feelings and know who I can go to for help.

Lesson 3: I can identify feelings of loss and understand ways to make me feel better.

Lesson 4: I can explain simple issues of safety and responsible around medicines and their use.

Lesson 5: I can explain how to keep myself safe using the PANTS rule.

Lesson 6: I can explain simple issues of keeping myself safe on the internet.

My Composite Knowledge:

I understand that to be safe and healthy I have to make good choices

My Powerful Knowledge:

How can I keep myself healthy?



Who can I go to for



Why is sleep

