

# PSHE- Keeping myself safe

## Innovation

### Prior Knowledge

The children have learnt about how to keep themselves healthy. They know the people who are special to them and who they can trust. They have discussed online safety and its importance. They have also discussed the importance of keeping some things private and what we can share safely.



### Who can I go to for help?



### Why is sleep important?



### 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:

I understand that if I have feelings that make me feel worried or scared, I have trusted adults who I can talk to and they will help me to keep myself safe.

### Key Vocabulary

**Tier 1:** Sleep, safe, unsafe, good, bad, trust, healthy, helpful, internet

**Tier 2:** Worries, emotions, medicine, illness, tablets, harmful, private, secrets, anxious, nervous, medicine, online

**Tier 3:** Digital, bedtime routine, anxious, physical reaction, prescription, storage, Underwear Rule (PANTS), appropriate, inappropriate

### How can I keep myself healthy?

