

PSHE AT KINGSLEY: Year 3



Topic: Health and Well Being (Keeping safe: at home and at school; our bodies; hygiene; medicines and household products)

Question: **What Keeps Us Safe**

Learning Expectations:

- How to recognise hazards that may cause harm or injury and what they should do to reduce risk and keep themselves (or others) safe
- How to help keep their body protected and safe, e.g. wearing a seatbelt, protective clothing and stabilizers
- That their body belongs to them and should not be hurt or touched without their permission; what to do and who to tell if they feel uncomfortable
- How to recognise and respond to pressure to do something that makes them feel unsafe or uncomfortable (including online)
- How everyday health and hygiene rules and routines help people stay safe and healthy (including how to manage the use of medicines, such as for allergies and asthma, and other household products, responsibly)
- How to react and respond if there is an accident and how to deal with minor injuries e.g. scratches, grazes, burns
- What to do in an emergency, including calling for help and
- Speaking to the emergency services

Programme of Study References:

H9, H10, H26, H39, H30, H40, H42, H43, R25, R26, R28, R29

Key Websites:

[NSPCC – The underwear rule resources \(PANTS\)](#)

[Red Cross – Life. Live it 'Stay safe'](#)

[Islington Healthy Schools Team – DrugWise f](#)

Cross Curricular:

Physical activity

Prior Knowledge: To know how to keep safe by recognising risk.

Future Learning: Keeping safe by recognising and managing risk in areas that are not familiar. Keeping safe online.

Essential Knowledge:

It is important to know where to get help and who to ask for help.

It is important to follow safety rules from parents and other adults in order to keep safe.

It is important to think about risks before we do them and to think is there anything I could do to reduce the risk.

It is important to remember not to give in to pressure and do what you think is right.

We know what to do in an emergency and who to contact.

Key Vocabulary: Hazards, harm, injury, reduce risk, safe, protected, permission, uncomfortable, pressure, unsafe, react, accident, emergency, safe, dangerous, local environment, unfamiliar place, road safety, pedestrian crossing, zebra crossing, traffic, cycling, water safety, swim, dive, depth, railway, train, danger, electricity, responsibility,