

Keeping Safe and Healthy Long Term Map

Key Stage 1

| | Autumn Term Health and Wellbeing | Spring Term Relationships | Summer Term Living in the Wider World |
|---------------|--|--|---|
| Year 1 | <p><u>Healthy lifestyles</u> What helps keep bodies healthy; hygiene routines.</p> <p><u>Growing and changing</u> Recognising what they are good at; setting goals. Change and loss and how it feels.</p> <p><u>Keeping safe</u> Keeping safe around household products; how to ask for help if worried about something.</p> <p><u>Digital Citizenship</u></p> <ul style="list-style-type: none"> Internet risks and keeping personal information safe <p>Whole School Foci</p> <ul style="list-style-type: none"> Anti-Bullying Week Road Safety Week Fire Safety | <p><u>Feelings and emotions</u> Recognising feelings in self and others; sharing feelings.</p> <p><u>Healthy relationships</u> Secrets and keeping safe; special people in their lives.</p> <p><u>Valuing difference</u> Respecting similarities and differences in others; sharing views and ideas.</p> <p><u>Digital Citizenship</u></p> <ul style="list-style-type: none"> Who to trust with their personal information <p>Whole School Foci</p> <ul style="list-style-type: none"> Safer Internet Day CSE Awareness Day (PANTS Underwear Rule) Children’s Mental Health Week | <p><u>Rights and responsibilities</u> Group and class rules; everybody is unique in some ways and the same in others.</p> <p><u>Environment</u> Looking after the local environment.</p> <p><u>Careers and Money</u> Awareness of different jobs- focus on people who help us (emergency services, NHS etc.). Where money comes from; how to use money saving and spending money.</p> <p><u>Digital Citizenship</u></p> <ul style="list-style-type: none"> What is an email <p>Whole School Foci</p> <ul style="list-style-type: none"> Railway Safety Beach Safety Sun Safety ‘When I Grow Up...’ Week (Careers Education) |
| Year 2 | <p><u>Healthy lifestyles</u> Healthy choices; different feelings; managing feelings.</p> <p><u>Growing and changing</u> Recognising what they are good at; setting goals. Growing; changing and being more independent; correct names for body parts.</p> <p><u>Keeping safe</u> Keeping safe in different situations; how to ask for help if they are worried about something; privacy in different contexts</p> <p><u>Digital Citizenship</u></p> <ul style="list-style-type: none"> Internet risks and keeping personal information safe <p>Whole School Foci</p> <ul style="list-style-type: none"> Anti-Bullying Week Road Safety Week Fire Safety | <p><u>Feelings and emotions</u> Behaviour; bodies and feelings can be hurt</p> <p><u>Healthy relationships</u> Listening to others and playing cooperatively; appropriate and inappropriate touch; teasing and bullying</p> <p><u>Valuing difference</u> Respecting similarities and differences in others; sharing views and ideas.</p> <p><u>Digital Citizenship</u></p> <ul style="list-style-type: none"> Awareness of the functionality of the internet: gaming, social media and emails <p>Whole School Foci</p> <ul style="list-style-type: none"> Safer Internet Day CSE Awareness Day (PANTS Underwear Rule) Children’s Mental Health Week | <p><u>Rights and responsibilities</u> Group and class rules; respecting their own and others’ needs; groups and communities they belong to; people who work in the community; getting help in an emergency.</p> <p><u>Environment</u> Looking after the local environment.</p> <p><u>Careers and Money</u> Awareness of different careers- culture capital. Where money comes from; saving and spending money; making choices; keeping track of money spent/saved.</p> <p><u>Digital Citizenship</u></p> <ul style="list-style-type: none"> Cyberbullying Awareness <p>Whole School Foci</p> <ul style="list-style-type: none"> Railway Safety Beach Safety Sun Safety ‘When I Grow Up...’ Week (Careers Education) |

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Lower Key Stage 2

| | Autumn Term Health and Wellbeing | Spring Term Relationships | Summer Term Living in the Wider World |
|---------------|---|--|---|
| Year 3 | <p><u>Healthy lifestyles</u> What makes a balanced diet; opportunities for making own choices with food; what influences their food choices; habits.</p> <p><u>Growing and changing</u> Recognising what they are good at; setting goals. Describing feelings; conflicting feelings and how to manage feelings.</p> <p><u>Keeping safe</u> School rules on health and safety; basic emergency aid; people who help them stay healthy and safe.</p> <p><u>Digital Citizenship</u></p> <ul style="list-style-type: none"> • Cyberbullying and its consequences; being positive in cyberspace and reporting concerns. • Risks of gaming and protecting yourself. <p>Whole School Foci</p> <ul style="list-style-type: none"> • Anti-Bullying Week • Road Safety Week • Fire Safety | <p><u>Feelings and emotions</u> Recognising feelings in others; responding to how others are feeling.</p> <p><u>Healthy relationships</u> Positive; healthy relationships and friendships; maintaining friendship; actions affect ourselves and others; working collaboratively.</p> <p><u>Valuing difference</u> Recognising and responding to bullying.</p> <p><u>Digital Citizenship</u></p> <ul style="list-style-type: none"> • Cyberbullying and its consequences; being positive in cyberspace and reporting concerns. • Risks of gaming and protecting yourself. <p>Whole School Foci</p> <ul style="list-style-type: none"> • Safer Internet Day • CSE Awareness Day (PANTS Underwear Rule) • Children’s Mental Health Week | <p><u>Rights and responsibilities</u> Discuss and debate health and wellbeing issues. Being a part of the community and who works in the community.</p> <p><u>Environment</u> Responsibilities; rights and duties.</p> <p><u>Careers and Money</u> Career aspirations and skills required for different jobs. Enterprise; what it means; developing skills in enterprise.</p> <p><u>Digital Citizenship</u></p> <ul style="list-style-type: none"> • Who to trust and share personal information with online. <p>Whole School Foci</p> <ul style="list-style-type: none"> • Railway Safety • Beach Safety • Sun Safety • ‘When I Grow Up...’ Week (Careers Education) |
| Year 4 | <p><u>Healthy lifestyles</u> What makes a balanced lifestyle and making choices; drugs common to everyday life; hygiene and germs.</p> <p><u>Growing and changing</u> Changes at puberty. Changes that happen in life and feelings associated with change.</p> <p><u>Keeping safe</u> How to keep safe in local area and online; people who help them stay healthy and safe.</p> <p><u>Digital Citizenship</u></p> <ul style="list-style-type: none"> • General understanding of online safety, including online risks and how to protect yourself. • Identify cyberbullying and its consequences, suggesting how behaviours can be improved and reporting. <p>Whole School Foci</p> <ul style="list-style-type: none"> • Anti-Bullying Week • Road Safety Week • Fire Safety | <p><u>Feelings and emotions</u> Keeping something confidential or secret; when to break a confidence; recognise and manage dares.</p> <p><u>Healthy relationships</u> Acceptable and unacceptable physical contact; solving disputes and conflicts amongst peers.</p> <p><u>Valuing difference</u> Listen and respond effectively to people; share points of view.</p> <p><u>Digital Citizenship</u></p> <ul style="list-style-type: none"> • Copyright <p>Whole School Foci</p> <ul style="list-style-type: none"> • Safer Internet Day • CSE Awareness Day (PANTS Underwear Rule) • Children’s Mental Health Week | <p><u>Rights and responsibilities</u> Discuss and debate health and wellbeing issues. Appreciating difference and diversity in the UK and around the world.</p> <p><u>Environment</u> Sustainability of the environment across the world.</p> <p><u>Careers and Money</u> Career aspirations and skills required for different jobs. Challenging gender stereotypes in the world of work. Role of money; managing money (saving and budgeting); what is meant by interest and loan.</p> <p><u>Digital Citizenship</u></p> <ul style="list-style-type: none"> • Who to trust and share personal information with online. <p>Whole School Foci</p> <ul style="list-style-type: none"> • Railway Safety • Beach Safety • Sun Safety • ‘When I Grow Up...’ Week (Careers Education) |

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Upper Key Stage 2

| | Autumn Term Health and Wellbeing | Spring Term Relationships | Summer Term Living in the Wider World |
|---------------|---|--|--|
| Year 5 | <p><u>Healthy lifestyles</u> What positively and negatively affects health and wellbeing; making informed choices; benefits of a balanced diet; different influences on food; skills to make choices.</p> <p><u>Growing and changing</u> Recognising what they are good at; setting goals; aspirations. Intensity of feelings; managing complex feelings. Coping with change and transition; bereavement and grief.</p> <p><u>Keeping safe</u> Strategies for managing personal safety in the local environment; online safety; including sharing images; mobile phone safety.</p> <p><u>Digital Citizenship</u></p> <ul style="list-style-type: none"> Awareness of online risk and reducing the risk in their online behaviour. Social Networking and how to stay safe. <p>Whole School Foci</p> <ul style="list-style-type: none"> Anti-Bullying Week Road Safety Week Fire Safety | <p><u>Feelings and emotions</u> Responding to feelings in others.</p> <p><u>Healthy relationships</u> Actions have consequences of actions; working collaboratively; negotiation and compromise; giving feedback.</p> <p><u>Valuing difference</u> Listening to others; raise concerns and challenge.</p> <p><u>Digital Citizenship</u></p> <ul style="list-style-type: none"> Who to speak to if you feel you are a victim of cyberbullying? Who should you chat to online? <p>Whole School Foci</p> <ul style="list-style-type: none"> Safer Internet Day CSE Awareness Day (PANTS Underwear Rule) Children’s Mental Health Week | <p><u>Rights and responsibilities</u> Discuss and debate health and wellbeing issues. Rules and laws; changing rules and laws; anti-social behaviour; respecting and resolving differences.</p> <p><u>Environment</u> Different rights; responsibilities and duties.</p> <p><u>Careers and Money</u> Career aspirations and pathways (Professor Fluffy workshop linked to Aim High). Importance of finance in people’s lives; being a critical consumer; looking after money; interest; loan; debt management of money; tax.</p> <p><u>Digital Citizenship</u></p> <ul style="list-style-type: none"> Copyright and Plagiarism Is everything on the internet true? Risks of online gaming and how to protect yourself. <p>Whole School Foci</p> <ul style="list-style-type: none"> Railway Safety Beach Safety Sun Safety ‘When I Grow Up...’ Week (Careers Education) |
| Year 6 | <p><u>Healthy lifestyles</u> Images in the media and reality; how this can affect how people feel; risks and effects of drugs</p> <p><u>Growing and changing</u> Recognising what they are good at; setting goals; aspirations. Changes at puberty; human reproduction; roles and responsibilities of parents.</p> <p><u>Keeping safe</u> Independence; increased responsibility; keeping safe; influences on behaviour; resisting pressure; rights to protect their body and speaking out; who is responsible for their health and safety; where to get help and advice.</p> <p><u>Digital Citizenship</u></p> <ul style="list-style-type: none"> Risks of using the Internet (Grooming and Addiction) <p>Whole School Foci</p> <ul style="list-style-type: none"> Anti-Bullying Week Road Safety Week Fire Safety | <p><u>Feelings and emotions</u> Confidentiality and when to break a confidence; managing dares.</p> <p><u>Healthy relationships</u> Different types of relationships; positive and healthy relationships; maintaining relationships; recognising when a relationship is unhealthy; committed; loving relationships; marriage. Acceptable and unacceptable physical touch; personal boundaries and the right to privacy.</p> <p><u>Valuing difference</u> Listening to others; raise concerns and challenge. What makes people the same or different; recognising and challenging stereotypes; discrimination and bullying.</p> <p><u>Digital Citizenship</u></p> <ul style="list-style-type: none"> What is Cyberbullying? (including Digital Footprints) <p>Whole School Foci</p> <ul style="list-style-type: none"> Safer Internet Day CSE Awareness Day (PANTS Underwear Rule) Children’s Mental Health Week | <p><u>Rights and responsibilities</u> Discuss and debate health and wellbeing issues. Human rights; the rights of child; cultural practices and British law. Being part of a community; groups that support communities. Being critical of what is in the media and what they forward to others.</p> <p><u>Environment</u> How resources are allocated; effect of this on individuals; communities and environment.</p> <p><u>Careers and Money</u> Career aspirations and pathways (University visits- linked to Aim High). Enterprise; setting up an enterprise.</p> <p><u>Digital Citizenship</u></p> <ul style="list-style-type: none"> Risks in online gaming and protecting yourself <p>Whole School Foci</p> <ul style="list-style-type: none"> Railway Safety Beach Safety Sun Safety ‘When I Grow Up...’ Week (Careers Education) |