

# Health and Wellbeing - Safety First

PSHE and Citizenship | UKS2 | Planning Overview

## About the Topic

In this unit of work, children will consider what it means to take responsibility for their own safety, including the decisions they make and how they can stand up to peer pressure in a range of situations. They will assess the risk associated with different situations and learn about what to do if they feel in danger. They will also learn about how to identify an emergency, what to do in this situation and how to get help when needed. Children will look at hazards, dangers and risks, both inside the home and outdoors, and they will identify strategies for safe use of roads, railways, water and fireworks.



## Home Learning

**Dangers in the Home:** Children are asked to think about the risks and dangers they have learnt about in class then look around their homes and identify six dangers in the home to draw or write about.

**Injury Advice:** In this activity, children carry out their own research into first-aid advice for scalds and burns, bleeding, choking, falls or poisoning. They record their findings on a fact sheet.



## Wider Learning:

Children could take part in a Safety in Action Workshop where significant professionals such as firefighters, St. John Ambulance volunteers, paramedics and police officers are invited into school, along with parents, to carry out safety advice activities. The children could present information by leading an assembly on this.

## Assessment Statements

### All children should be able to...

- describe what a dare is and identify situations involving peer pressure;
- know when to seek help in risky or dangerous situations;
- identify and discuss some school rules for staying safe and healthy;
- recall the number to dial in an emergency;
- list some of the hazards they might find at home;
- understand some substances at home can be dangerous;
- list some of the dangers we face when we are around roads, railways or water;
- know the key points of the firework code.

### Most children will be able to...

- appreciate what being responsible means;
- assess a situation for the level of risk;
- appreciate that doing something risky may lead to danger;
- identify people who can help us in an emergency;
- understand the importance of taking action to reduce the risk of harm;
- explain how we know which substances around the home contain chemicals;
- identify safety precautions that can be taken when using roads, railways or water.

### Some children will be able to...

- appreciate that their own decisions and behaviour can impact on their safety and the safety of others;
- consider the impact of accepting a dare;
- appreciate that the most courageous thing is to refuse a dare;
- identify sources of pressure to behave in a certain way, other than peer pressure;
- discuss a range of emergencies and the different responses that would be most appropriate;
- understand some basic first aid;
- identify points of action to take responsibility for my own safety at home;
- advise others on how to stay safe around roads, water and railways.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#)