

Key Stage 1 Junior Citizen SafeWise Weymouth



Learning objectives supported by Safewise activities:

The national curriculum programme of study:

1. English, spoken language. P17-18.
2. Maths, measurement – compare and describe length, height, weight, time and capacity. P105.
3. Science, animals, including humans - find out about and describe the basic needs of animals, including humans, for survival. Describe the importance for humans to exercise, eating the right amounts of different types of foods, and hygiene, p152.
4. Geography, the use of basic geographical vocabulary to refer to: key physical features, including: beach, coast, sea and key human features, including: shop. P185.

The PSHE framework: PSHE Association PSHE Education programme of study:

Core theme 1: Health and Wellbeing for Key Stage 1:

- H1. What constitutes, and how to maintain, a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health.
- H2. To recognise what they like and dislike, how to make real, informed choices that improve their physical and emotional health, to recognise that choices can have good and not so good consequences.
- H4. About good and not so good feelings, a vocabulary to describe their feelings to others and to develop simple strategies for managing feelings.
- H6. The importance of, and how to maintain personal hygiene.
- H7. How some diseases are spread and can be controlled; the responsibilities they have for their own health and that of others; to develop simple skills to help prevent diseases spreading.
- H11. That household products, including medicines, can be harmful if not used properly.
- H12. Rules for and ways of keeping physically and emotionally safe including responsible ICT use and online safety, road safety, cycle safety and safety in the environment, rail, water and fire safety.
- H13. About people who look after them, their family networks, who to go to if they are worried and how to attract their attention.
- H14. About the ways that pupils can help the people who look after them to more easily protect them.
- H15. To recognise that they share a responsibility for keeping themselves and others safe, when to say, 'yes', 'no', 'I'll ask' and 'I'll tell' including knowing that they do not need to keep secrets.

Core theme 2: Relationships for Key Stage 1:

- R2. To recognise that their behaviour can affect other people.
- R3. The difference between secrets and nice surprises (that everyone will find out eventually) and the importance of not keeping any secret that makes them feel uncomfortable, anxious or afraid.
- R4. To recognise what is fair and unfair, kind and unkind, what is right and wrong.
- R10. To judge what kind of physical contact is acceptable, comfortable, unacceptable and uncomfortable and how to respond (including who to tell and how to tell them).
- R11. That people's bodies and feelings can be hurt (including what makes them feel comfortable and uncomfortable)

Core theme 3: Living in the Wider World for Key Stage 1:

- L3. That people and other living things have rights and that everyone has responsibilities to protect those rights (including protecting others' bodies and feelings; being able to take turns, share and understand the need to return things that have been borrowed).
- L10. About the 'special people' who work in their community and who are responsible for looking after them and protecting them; how people contact those special people when they need their help, including dialling 999 in an emergency.

Learning Objectives	Curriculum links
<p>Fire Safety</p> <ul style="list-style-type: none"> ● To know and understand what a smoke alarm is and how they work. <ul style="list-style-type: none"> - It is always smelling for smoke and beeps very loudly if it smells it. - It should be placed on the ceiling in the hallway with one on each floor. - It should be tested once a week by pressing the button on it. ● To know and understand how to safely escape a fire. <ul style="list-style-type: none"> - Always have a fire escape plan in place at home so you know what to do and where to meet if there was a fire. - Get low and go. - Get out, Stay out, Call 999. - Do not go back inside to safe pets. ● To know and understand the dangers of matches and lighters. <ul style="list-style-type: none"> - It takes 1 match to start a fire. - Never play with matches of lighters as they could burn you. 	<p>1 H12, H14, R11, L10</p>
<p>Home safety</p> <ul style="list-style-type: none"> ● To know and understand the dangers in the home and how to make them safe. <ul style="list-style-type: none"> - Fire risks – mobile phones on charge and under bedding, hair straighteners on flammable materials, class if water on electrical item, candle behind the curtain, towels left on the hob, metal items in microwaves, clothes near to fire. - Fire and electrocution risk – knife in the toaster. - Burn/scald risk – pan handles sticking out from cooker, tea near the edge of the table - Trip hazards – clothing left at the bottom of the stairs ● To know and understand what to do if there is an emergency. <ul style="list-style-type: none"> - Know to call 999 for the police, ambulance, fire and coastguard and that it is free of charge. - Know what they will ask you and that knowing your address is the most important piece of information. 	<p>1, 4 H11, H12, H15, R11, L10</p>
<p>Water Safety</p> <ul style="list-style-type: none"> ● To know and understand how to be safe at the beach. <ul style="list-style-type: none"> - Always take a sun hat, t-shirt, sun cream, sunglasses, reusable bottle of water, mobile phone, all in one swimming costume. - Only swim between the red and yellow flags as this is a lifeguarded area. - Do not swim when there is a red flag as it is not safe. - Do not swim in an area where there is a black and white flag as this means it is an area for activities and is not safe. ● To know what to do if you get into trouble in the water. <ul style="list-style-type: none"> - Raise one hand in the air and call for help. - Always float first before trying to swim and do not swim towards the current as you will get tired. 	<p>H12, R2, R11, L3, L10 1, 2, 4</p>

<p>Park Safety</p> <ul style="list-style-type: none"> ● To know and understand the dangers that could be found in the park. <ul style="list-style-type: none"> - Do not touch anything that is not yours as it could be unsafe. - Stay away from dog poo as it can cause you to become blind and always ask the dog owner before touching the dog. ● To know and understand who are strangers and what to do if you feel uncomfortable. <ul style="list-style-type: none"> - A stranger is someone you don't know. - Know what to do if you ever get lost and need to ask a stranger for help. - Know what signs your body gives you to warn you that something might be dangerous. ● To know and understand the benefits of outdoor play. <ul style="list-style-type: none"> - Know what is good about being outdoors. - Know what fun things you can do outdoors. 	<p>1 H1, H2, H4, H12, H13, H14, H15, R3, R4, R10, R11, L10</p>
<p>In-car Safety</p> <ul style="list-style-type: none"> ● To know and understand how to get into a car safely. <ul style="list-style-type: none"> - Get in from the pavement side and mind your fingers when shutting the door. - Always try and avoid sitting in the front seat. ● To know and understand the importance of seat belts and booster seats. <ul style="list-style-type: none"> - Always wear a seatbelt it should go across your shoulder, if it goes across your neck you need a booster seat. - Booster seats are legally needed for anybody under 12 years old and 135cm. ● To know and understand what can distract the driver and the dangers of doing this. <ul style="list-style-type: none"> - Anything that distracts the driver, causing them to not concentrate on the road can cause an accident. 	<p>1, 2 H12, H14, R2, R11</p>
<p>Healthy Eating</p> <ul style="list-style-type: none"> ● To know and understand how to be healthy. <ul style="list-style-type: none"> - Eating and drinking, exercise, brushing our teeth, getting enough sleep, washing our hair and bodies and keeping clean. - 5 pieces of fruit or vegetables should be eaten everyday as part of a balanced diet. ● To know and understand the impact of sugar on our bodies. <ul style="list-style-type: none"> - Rots teeth, can lead to obesity, diabetes and other diseases. - Drinks are including in our daily sugar intake. - Know how much sugar is in different foods and drinks and that water and milk are the best drinks for children. 	<p>1, 3, 4 H1, H2, H6, H7</p>

<p>Bike Safety</p> <ul style="list-style-type: none"> ● To know and understand what can cause bike accidents. <ul style="list-style-type: none"> - Cyclist or driver not concentrating. - Parts of the bike broken/not working properly, inappropriate clothing, not following safety precautions. ● To know and understand how to practise safe cycling. <ul style="list-style-type: none"> - Know what the appropriate clothing is. - Know how to safely wear a helmet and what will happen if you don't. - Know what a bike should have and what they look like when working correctly. 	<p>1 H12, R2, R11</p>
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Road Safety

- To know and understand how to cross the road safely.
 - Always cross the road at a crossing or with a lollipop person, waiting behind the kerb before it is safe to cross.
 - Use your senses to listen to the beep on the traffic light and traffic and look to check that the cars have stopped.
 - Always look right first as this is the direction the cars will be coming from, then left and right again and continue until you have crossed.
 - Always cross straight on the road and not diagonally.
- To know and understand how to stay safe on the pavement.
 - Always walk on the inside of the pavement
 - Know the dangers when using the pavement including oncoming traffic, bicycles, pedestrians, parked cars about to move, vehicles moving out of driveways.
 - Know that cars can also be dangers in car parks and outside school.
 - Know what to look for when a car is reversing.
- To know and understand how to safely walk down a road with no pavement.
 - Face oncoming traffic, walk in single file, walk as close to the edge as possible, concentrate, wear bright clothing, don't wear headphones, don't mess around with friends, and don't talk on the phone.

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H12, R11

Find more information about SafeWise Weymouth Junior Citizen Key Stage 1:Online: www.safewise.org/discover/junior-citizen-ks1/junior-citizen-ks1-weymouth/Email: weymouth@safewise.org

Phone: 01202 591330