

## Junior Citizen Key Stage 2



### Learning objectives supported by Safewise Bournemouth activities:

#### The national curriculum programme of study:

##### English

1. Spoken language. P17-18.
2. Word reading, Read aloud and to understand the meaning of new words they meet. Read further exception words. P35/43

##### Maths

3. Addition and subtraction, Add and subtract numbers mentally. P115. Add and subtract numbers mentally with increasingly large numbers. P128/135
4. Measurement, Add and subtract amounts of money to give change, using both £ and p in practical contexts. P117

##### Science

5. Animals including humans, Identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat. P158
6. Living things and their habitats, Recognise that environments can change and that this can sometimes pose dangers to living things. P161
7. Electricity, Identify common appliances that run on electricity. Recognise some common conductors and insulators, and associate metals with being good conductors. P164
8. Animals including humans, Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function. P172
9. Computing, Use technology safely, respectfully and responsibly; recognise acceptable/unacceptable behaviour; identify a range of ways to report concerns about content and contact. P179
10. Cooking and nutrition, understand and apply the principles of a healthy and varied diet. P183

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

##### Core theme 1: Health and Wellbeing for Key Stage 2:

- H1. What positively and negatively affects their physical, mental and emotional health.
- H2. How to make informed choices (including recognising that choices can have positive, neutral and negative consequences) and to begin to understand the concept of a 'balanced lifestyle'
- H3. To recognise opportunities and develop the skills to make their own choices about food, understanding what might influence their choices and the benefits of eating a balanced diet.
- H6. To deepen their understanding of good and not so good feelings, to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others.
- H10. To recognise, predict and assess risks in different situations and decide how to manage them responsibly (including sensible road use and risks in their local environment) and to use this as an opportunity to build resilience.
- H17. Which, why and how, commonly available substances and drugs (including alcohol, tobacco and 'energy drinks') can damage their immediate and future health and safety; that some are restricted and some are illegal to own, use and give to others.
- H21. Strategies for keeping physically and emotionally safe including road safety, cycle safety and safety in the environment (including rail, water and fire safety).
- H22. Strategies for keeping safe online; the importance of protecting personal information, including passwords, addresses and the distribution of images of themselves and others.

**Core theme 2: Relationships for Key Stage 2:**

R7. That their actions affect themselves and others.

R9. The concept of ‘keeping something confidential or secret’, when they should or should not agree to this and when it is right to ‘break a confidence’ or ‘share a secret’.

R14. To realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours (including cyber bullying, use of prejudice-based language, ‘trolling’, how to respond and ask for help)

R15. To recognise and manage ‘dares’.

R18. How to recognise bullying and abuse in all its forms (including prejudice-based bullying both in person, online and through social media).

**Core theme 3: Living in the wider world for Key Stage 2:**

L7. That they have different kinds of responsibilities, rights and duties at home, at school, in the community and towards the environment; to continue to develop the skills to exercise these responsibilities.

L13. About the role money plays in their own and others’ lives, including how to manage their money and about being a critical consumer.

Learning objective	Curriculum link
<p><b>Home Safety</b></p> <ul style="list-style-type: none"> <li>● To know and understand the hazards when making a meal.               <ul style="list-style-type: none"> <li>- Germs, electrocution, fire risk, burns/scalds risk of cuts from sharp edges and knives.</li> </ul> </li> <li>● To know and understand what to do if there is an emergency.               <ul style="list-style-type: none"> <li>- Call 999 for the police, ambulance, fire and coastguard free of charge.</li> <li>- Know what they might ask you and to give as much information as possible.</li> </ul> </li> </ul>	<p>1, 7 H10, H21</p>
<p><b>Fire Safety</b></p> <ul style="list-style-type: none"> <li>● To know and understand fire risks within the home and how to make them safe.               <ul style="list-style-type: none"> <li>- Mobile phone under pillow, Hair straighteners, lighter/matches</li> <li>- No smoke alarm means no warning.</li> <li>- Know what consequences a fire can have</li> </ul> </li> <li>● To know and understand how to safely escape a fire.               <ul style="list-style-type: none"> <li>- Have a fire escape plan in place in your home.</li> <li>- Get low and go.</li> <li>- Get out, Stay out, Call 999</li> <li>- Know what to do if you cannot get out of the house.</li> </ul> </li> </ul>	<p>1 H10, H21</p>
<p><b>Carbon Monoxide and Gas Safety</b></p> <ul style="list-style-type: none"> <li>● To know and understand the dangers of carbon monoxide.               <ul style="list-style-type: none"> <li>- It is a poisonous gas that could kill you.</li> <li>- It has no smell or taste and you cannot see it.</li> <li>- Carbon monoxide comes from barbeques, boilers, and open fires.</li> </ul> </li> <li>● To know and understand the safety measures that must be taken.               <ul style="list-style-type: none"> <li>- Have your boiler serviced every year.</li> <li>- Have a carbon monoxide alarm so it can warn you if there’s a leak.</li> <li>- Get out of the house and report it if alarm sounds.</li> </ul> </li> <li>● To know and understand what to do if there’s a gas leak.               <ul style="list-style-type: none"> <li>- Flames and electrical switches can cause explosions.</li> <li>- Open all windows, get out the house and report the leak.</li> </ul> </li> </ul>	<p>1 H10, H21</p>

<p><b>Substation</b></p> <ul style="list-style-type: none"> <li>● To know and understand the dangers of electricity and substations. <ul style="list-style-type: none"> <li>- Substations can provide enough electricity for 200 homes.</li> <li>- You should never enter a substation even to help a friend of sibling.</li> <li>- If something goes into a substation that you need back, call the number on the gate.</li> <li>- You cannot smell or always hear electricity.</li> <li>- Electricity can ‘arc’ ½ a metre from the substation.</li> <li>- When you come in contact with electricity you cannot release your grip. This includes touching someone that is in contact with the electricity.</li> </ul> </li> </ul>	<p>1, 7 H10, H21, R7</p>
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<p><b>Railways</b></p> <ul style="list-style-type: none"> <li>● To know and understand how to be safe on a platform and train. <ul style="list-style-type: none"> <li>- Do not pass the yellow line until the train has stopped.</li> <li>- Let other passengers off before getting on the train.</li> <li>- Know how to behave when on the train and platform.</li> </ul> </li> <li>● To know who can help you at the train station. <ul style="list-style-type: none"> <li>- A member of staff.</li> <li>- Help points which are white and circular with big coloured buttons to press for an emergency or information.</li> </ul> </li> <li>● To know and understand the hazards associated with railways. <ul style="list-style-type: none"> <li>- Trains weigh 400 tonnes and travel up to 125mph meaning it takes them ¾ of a mile to stop.</li> </ul> </li> </ul>	<p>1, 7 H10, H21, R7</p>
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<p><b>Shop</b></p> <ul style="list-style-type: none"> <li>● To know and understand the CCTV and criminal records. <ul style="list-style-type: none"> <li>- The majority of shops and streets have CCTV.</li> <li>- You can get a criminal record for a large range of things.</li> <li>- You can get a criminal record from the age of 10 and it stays with you for the rest of your life.</li> </ul> </li> <li>● To know and understand how to make healthy food choices. <ul style="list-style-type: none"> <li>- Know what the traffic light system is and what the different lights mean.</li> <li>- Know that the traffic light system is based on portions.</li> <li>- Know what too much fat, sugar and salt can cause.</li> </ul> </li> <li>● To know and understand the importance of checking change and receipts. <ul style="list-style-type: none"> <li>- Always check change so you know you have paid the right amount.</li> <li>- Always take a receipt so you can return the item if needed.</li> </ul> </li> <li>● To know and understand that some items are restricted. <ul style="list-style-type: none"> <li>- There are different ages to be able to buy different products in order to keep us safe.</li> </ul> </li> </ul>	<p>1, 3, 4, 5, 8, 10 H1, H2, H3, H10, H21, R7, L13</p>
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<p><b>Water safety</b></p> <ul style="list-style-type: none"> <li>● To know and understand the implications of jumping into unknown water for a dare. <ul style="list-style-type: none"> <li>- A good friend wouldn’t dare you to do something dangerous.</li> <li>- If you cannot see the bottom you don’t know how deep it is or what might be at the bottom.</li> <li>- If it is really cold your body will go into cold shock, your muscles will weaken meaning it’s hard for you to swim to safety.</li> </ul> </li> </ul>	<p>1, 6 H2, H6, H10, H21, R7, R15, L7</p>
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<ul style="list-style-type: none"> <li>● To know and understand the implications of littering. <ul style="list-style-type: none"> <li>- 12 million tonnes of plastic ends in the ocean every year which kills animals.</li> <li>- There are 2 minute beach clean boards at beaches to help people keep the beaches clean.</li> </ul> </li> <li>● Know and understand what to do if you get lost at the beach. <ul style="list-style-type: none"> <li>- Swim between the red and yellow flags and don't swim if there is a red or black and white flag.</li> <li>- Look for a landmark to identify where your group were sat so you can always get back to them.</li> </ul> </li> </ul>	
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<p><b>Bike Safety</b></p> <ul style="list-style-type: none"> <li>● To know and understand what can cause bike accidents. <ul style="list-style-type: none"> <li>- Cyclist or driver not concentrating.</li> <li>- Parts of the bike broken/not working properly, inappropriate clothing, not following safety precautions.</li> </ul> </li> <li>● To know and understand how to practise safe cycling. <ul style="list-style-type: none"> <li>- Know what the appropriate clothing is.</li> <li>- Know how to safely wear a helmet and what will happen if you don't.</li> <li>- Know what a bike should have and what they look like when working correctly.</li> </ul> </li> </ul>	<p>1 H2, H10, H21, R7</p>
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<p><b>First aid</b></p> <ul style="list-style-type: none"> <li>● To know and understand what to do if you find someone that is unconscious. <ul style="list-style-type: none"> <li>- Check for dangers, check for a response, call for help, open the airway and check for breathing, call 999.</li> <li>- Put person into recovery position.</li> </ul> </li> </ul>	<p>1 H10, H21, R7</p>
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<p><b>Bus safety</b></p> <ul style="list-style-type: none"> <li>● To know and understand how to plan a bus journey. <ul style="list-style-type: none"> <li>- Know what you need to take with you on a bus journey.</li> <li>- Identify the number bus to get, the time you will arrive and the time you need to leave.</li> </ul> </li> <li>● To know and understand how to safely and sensible get onto a bus. <ul style="list-style-type: none"> <li>- How to wait for the bus, get on the bus and ask for a ticket and chose the safest seat.</li> <li>- Sit at the front of the bus and stay seated for the entire journey</li> </ul> </li> <li>● To know and understand what to do if someone you don't know sits next to you. <ul style="list-style-type: none"> <li>- Replying to strangers is polite and friendly.</li> <li>- Do not give any personal information to someone you don't know.</li> <li>- Move seats if someone makes you feel uncomfortable.</li> </ul> </li> </ul>	<p>1, 2, 3 H2, H6, H10, H21, H22</p>
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<p><b>Alleyway safety</b></p> <ul style="list-style-type: none"> <li>● To know and understand the best route to choose to get to a destination. <ul style="list-style-type: none"> <li>- Always choose a brightly lit road where there are people around even if it takes longer.</li> <li>- Never enter an alleyway that may not be safe especially on your own.</li> </ul> </li> <li>● To know and understand when we feel uncomfortable about something. <ul style="list-style-type: none"> <li>- Our bodies give us warning signs if we get into a dangerous situation.</li> </ul> </li> </ul>	<p>1 H2, H6, H10, H21, R7</p>
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<ul style="list-style-type: none"> <li>- You will get butterflies and an increased heart rate.</li> </ul>	
<p><b>Road safety</b></p> <ul style="list-style-type: none"> <li>● To know and understand how to safely cross the road. <ul style="list-style-type: none"> <li>- Know to cross at a crossing standing on the bobbly bit or on a straight bit of road with feet behind the kerb.</li> <li>- Before crossing look right first then left and continue until you have crossed safely.</li> </ul> </li> <li>● To know and understand speed limits and stopping distances. <ul style="list-style-type: none"> <li>- The slower a car is going the higher the survival rate.</li> <li>- People have thinking time before they react and before they stop it is not instant.</li> </ul> </li> <li>● To know and understand where else cars could be driving other than the road. <ul style="list-style-type: none"> <li>- Driveways, car parks, outside school.</li> </ul> </li> </ul>	<p>1 H2, H10, H21, R7</p>

<p><b>In-car Safety</b></p> <ul style="list-style-type: none"> <li>● To know and understand how to safely get into a car. <ul style="list-style-type: none"> <li>- Get in on the pavement side not the roadside, watch fingers when the door is shut and make sure the seatbelt is not twisted.</li> <li>- Know to use a booster seat until the age of 12 or 135cm. This stops the seatbelt going across the neck rather than the shoulder.</li> </ul> </li> <li>● To know and understand what can distract a driver and what the danger is of doing this. <ul style="list-style-type: none"> <li>- Anything that distracts the driver, causing them to not concentrate on the road can cause an accident.</li> </ul> </li> <li>● To know and understand the dangers of keeping things on the back shelf. <ul style="list-style-type: none"> <li>- If you had an accident the item would fly forwards and feel a lot heavier than it is.</li> <li>- It could cause you a serious injury.</li> </ul> </li> </ul>	<p>1 H10, H21, R7</p>
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<p><b>Doctor's surgery</b></p> <ul style="list-style-type: none"> <li>- To know and understand the different health services available.</li> <li>- Call 999 in an emergency, make a doctor's appointment if you are unwell and it's not an emergency, visit A&amp;E in an emergency, call 111 for urgent medical advice which isn't an emergency, and go to the local pharmacy for advice for minor illnesses.</li> <li>- Know which situations would need each health service.</li> <li>● To know and understand legal and illegal drugs and the dangers of taking them. <ul style="list-style-type: none"> <li>- Legal drugs are provided by the pharmacy, doctor or at the shop, illegal drugs are banned by law.</li> <li>- Know which drugs are legal and illegal.</li> <li>- Never take illegal drugs and never take anything if you don't know what it is.</li> <li>- Don't take legal drugs unless you are actually ill as this could be dangerous.</li> </ul> </li> </ul>	<p>1, 2, 8 H1, H2, H6, H10, H17, H21, R7</p>
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<p><b>Digital wellbeing</b></p> <ul style="list-style-type: none"> <li>● To know and understand how you may talk to people if you are not with them and how this differs to real life. <ul style="list-style-type: none"> <li>- Telephone, social media, gaming, texting, YouTube.</li> <li>- You are not face to face; you don't know if someone is being mean or joking, you are not there to defend yourself, you can't get away from it, once something is said online there is a record of it.</li> </ul> </li> </ul>	<p>1, 2, 9 H1, H2, H6, H10, H21, H22, R7, R9, R14, R18</p>
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| <ul style="list-style-type: none"><li>● To know and understand what makes a good friend in real life and online.<ul style="list-style-type: none"><li>- In real life a friend is friendly, a good listener, makes you laugh, has the same personality, is kind, likes the same hobbies as you, is trustworthy.</li><li>- Online a good friend doesn't post mean comments, doesn't share things you don't want them to, they are kind and they include everyone.</li></ul></li><li>● To know and understand if someone is being mean or joking online and what to do if this happens to you.<ul style="list-style-type: none"><li>- You don't know if someone is being mean or joking because you are not face to face.</li><li>- Always tell an adult if you are being bullied online, block the person, and do not retaliate.</li></ul></li></ul> |  |
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**Find more information about SafeWise Bournemouth Junior Citizen Key Stage 2:**

Online: <https://www.safewise.org/discover/junior-citizen-ks2/junior-citizen-key-stage-2-bournemouth/>

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