



Year 1—Learning for Life

Keeping Me Safe



You have already learnt...

In EYFS, you learnt to name dangers in your house, on a road, at school.
 You could give ideas for how to stay safe e.g. don't touch hot pans.
 You could name staff in school, police, doctors, fireman etc

Key Knowledge

- Know what to do if I have strong, but not so good feelings, to help me stay safe
- Give examples of how I keep myself healthy such as sleeping and exercise.
- I know that medicines can be harmful

Key Skills

- Name uncomfortable feelings such as sad, worried.
- Know that exercise and sleeping keep me healthy.
- Know that a trusted adult needs to give medicine to you.

Key vocabulary

nervous	when you are feeling
harmful	when you do something that hurts someone else
supported	being helped by someone else
tired	feeling sleepy and low on energy
rest	when you are not doing an



Next year you will learn...

- to give some examples of safe and unsafe secrets and to can think of safe people who can help if something feels wrong.
- to give other examples of touches that are ok or not ok (even if they haven't happened to me) and I can identify a safe person to tell if I felt 'not OK' about something.
- to explain that they can be helpful or harmful, and say some examples of how they can be used safely.