

# Year 1 Summer 2 PSHE Feeling safe



# PSHE

## **Powerful knowledge/skills for this unit:**

We will learn about:

### **Safety in familiar situations**

- recognise the difference between 'real' and 'imaginary' dangers
- understand that there are situations when secrets should not be kept
- know to tell a trusted adult if they feel unsafe

### **Personal safety**

- recognise the difference between good and bad touches
- understand there are parts of the body which are private
- know who they can go to, what to say or do if they feel unsafe or worried

### **People who help keep them safe outside the home**

- can identify situations where they might need help
- can identify people in the community who can help to keep them safe
- know how to ask for help if they need it

## **What should I already know:**

The names of types of feelings and what my body might do.

## **Big Question:**

### **Who are your trusted adults?**

## **The end point:**

**I understand ways to keep myself safe.**

## **Key vocabulary**

Real, imaginary, danger, secret, trust, good touch, bad touch, unsafe worried, private, community, help, safety

## **Zones of regulation**



## **Mindmate Monday lesson**

**Year 1 Summer 2** Setting goals & targets

Lesson focus: I can work & play well in a small group

**Pupils should have the opportunity to...** learn how to play & work co-operatively with others understand that people often need to play / work together to reach a shared outcome

**MindMate**

