

Knowledge

- ❖ Understand that the body gets energy from food, water and air (oxygen).
- ❖ Recognise that exercise and sleep are important parts of a healthy lifestyle.
- ❖ Knows what medicine is and accompanying safety rules.
- ❖ Understand and learn the NSPCC PANTS rules.
- ❖ Name and know which body parts should be private.



Prior Knowledge (Year R)

- ❖ Explain the reasons for rules, know right from wrong and try to behave accordingly.
- ❖ Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.

Skills

- ❖ Describe what they can do if they have strong, but not so good feelings, to help them stay safe.
- ❖ Say 'no' to unwanted touch and ask for help from a trusted adult.
- ❖ Say when medicines can be helpful or might be harmful.
- ❖ Is able to stay safe around medicine.

Key Vocabulary

- ❖ safe
- ❖ unsafe
- ❖ exercise
- ❖ sleep
- ❖ healthy
- ❖ unhealthy
- ❖ oxygen
- ❖ energy
- ❖ medicine
- ❖ private parts
- ❖ penis
- ❖ vulva

Safeguarding

- ❖ Can identify trusted adults they can talk to (at home and in school), who will help keep them safe.
- ❖ Knows the correct terms for private parts (penis and vulva).