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| Progression of skills and knowledge – SAFETY AND THE CHANGING BODY |
| Sub-strand | Year 1 | Year 2 | Year 3 |
| Skills | Knowledge | Skills | Knowledge | Skills | Knowledge |
| Being safe (including on line) | I can practise what to do if I get lost. I can identify hazards that may be found at home. I can understand people's roles within the local community that help keep us safe. | I know that some types of physical contact are never appropriate. I know what to do if I get lost. I know that a hazard is something which could cause an accident or injury | I can discuss the concept of privacy. I can explain the ways to stay safe online. I know how to behave safely near the road and when crossing the road | I know the PANTS rule. I know that I should tell an adult if I see something which makes me uncomfortable online. I understand the difference between secrets and surprises. I know the rules for crossing the road safely. | I can respond to cyber bullying or unkind behaviour online. I can use my skills as a responsible digital citizen. I can identify things people might do near roads which are unsafe. I am beginning to recognise unsafe digital content. | I understand that cyber bullying is bullying which takes place online. I know the signs that an email might be fake. I know the rules for being safe near roads. |
| Drugs alcohol and tobacco  | I can explain what is and is not safe to put in or on our bodies. | I know that some things are unsafe to put onto or into my body and to ask an adult if I am not sure | I know what people can do to feel better when they are ill. I can be safe around medicines. | I know that medicine can help us when we are ill. I understand that we should only take medicines when a trusted adult says we can. | I know that people and things can influence me and that I need to make the right decision for me. I can explore choices and decisions that I can make | I understand that other people can influence our choices |
| The changing adolescent body  | n/a | n/a | n/a | I know the names of parts of my body including private parts. | n/a | n/a |
| Basic First aid | I can practice making an emergency phone call. | I know that an emergency is a situation where someone is badly hurt, very ill or a serious accident has happened. I know that the emergency services are the police, fire service and the ambulance service. | n/a | n/a  | I know what to do in a medical emergency, including calling the emergency services. | I know that bites or stings can sometimes cause an allergic reaction. I know that it is important to maintain the safety of myself and others, before giving first aid. |
| Key Vocab | . emergency, medicine, hazards | Medicine, pedestrian, private, secret, surprise | Allergic, anaphylactic, bullying, casualty, fake, influence |

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|  | Year 4 | Year 5 | Year 6 |
|  | Skills | Knowledge | Skills | Knowledge | Skills | Knowledge |
| Being safe (including on line) | I can discuss how to seek help if I need to. I can explore what to do if an adult makes me feel uncomfortable. I can explain the benefits and risks of sharing information online | I understand that there are risks to sharing things online. I know the difference between private and public | I have an understanding of how to ensure relationships online are safe. | I know the steps to take before sending a message online (using the THINK mnemonic). I know some of the possible risks online | I have an understanding about the reliability of online information. I can discuss online relationships including dealing with problems | I understand that online relationships should be treated in the same way as face to face relationships. I know where to get help with online problems. |
| Drugs alcohol and tobacco  | I can discuss the benefits of being a non-smoker. | I understand the risks associated with smoking tobacco. | I can to make 'for' and 'against' arguments to help with decision making. | I know some strategies I can use to overcome pressure from others and make my own decisions.  | I can discuss the reasons why adults may or may not drink alcohol. | I understand the risks associated with drinking alcohol. |
| The changing adolescent body  | I can discuss some physical and emotional changes during puberty. | I understand the physical changes to both male and female bodies as people grow from children to adult | I can tell you about the emotional changes during puberty. I can identify reliable sources of help with puberty. | I understand the process of the menstrual cycle. I know the names of the external sexual parts of the body and the internal reproductive organs. I know that puberty happens at different ages for different people | I can discuss problems which might be encountered during puberty and using knowledge to help. | I understand how a baby is conceived and develops. |
| Basic First aid | I can help someone who is having an asthma attack. | I know that asthma is a condition which causes the airways to narrow. | I can help someone who is bleeding. | I know how to assess a casualty's condition. | I know how to help someone who is choking. I can place an unresponsive patient into the recovery position. | I know how to conduct a primary survey (using DRSABC). |
| Key Vocab | Age restriction, asthma, law, tobacco, breasts, genitals, hygiene, penis, puberty, testicles/testes | Genitals, erection, ejaculation, penis, scrotum, sperm duct, testacies/testes, wet dreams, breasts, period/menstruation, ovary/ovaries, vagina, fallopian tube, labia, nipples, uterus/womb, vulva | Alcohol bullying, internet trolling, Genitals, erection, ejaculation, penis, scrotum, sperm duct, testacies/testes, wet dreams, breasts, period/menstruation, ovary/ovaries, vagina, fallopian tube, labia, nipples, uterus/womb, vulva |