

# Knowledge Organiser - Keeping Myself Safe Spring Term 1 2026 GC



## Sticky Knowledge – What I already know

I know how to keep safe online  
I know about how to be safe around medicine  
I know what to do if I feel unsafe or uncomfortable  
I can name some trusted adults

## Key Knowledge - What I will know at the end of the unit

- I know how to keep my body healthy and safe
  - I know how to stay safe around medicines
    - I know how to stay safe online
- I know about how to be safe and responsible about medicines and their use
  - I know that our bodies need healthy foods, exercise, oxygen and sleep for energy
- I know there are situations in which I would feel safe or unsafe

## Key Themes

Asking for help, Keeping healthy, Staying safe around medicines, Medicine safety



The Acorn Partnership

Marston Montgomery Primary School

Long Lane C of E Primary School

Word	Definition
Keep clean	-Washing your body and hands to stay healthy.
Keep safe	- Looking after yourself and avoiding danger.
Sleep	- Resting your body and mind so you have energy.
Water	- A drink that helps your body work properly.
Food	- What we eat to help us grow and stay strong.
Fresh air	- Clean air from outside that helps us breathe well.
Cuddle	- A gentle hug that shows care and comfort.
Medicine	- Something we take to help us get better.
Chemist	- A place where medicine is given to help people.
Doctor	- A person who helps us when we are sick or hurt.
Consent	- Saying yes or no and having your choice respected.
Entertainment	- Activities we enjoy, like games or music.
Donating	-Giving things to help other people.

Word	Definition
Risks	- Things that could cause harm or danger.
Harmful	- Something that can hurt you or make you unwell.
Sleep	- Resting your body and mind so you can grow and learn.
Medicines	- Things we take to help us feel better when we are ill.
Safety	- Being careful to avoid danger and stay well.
Rest	- Taking a break so your body can relax and recover.
Grow	- Getting bigger, stronger, and healthier.
Tired	- Feeling like you need rest or sleep.
Safe	- Not in danger and protected from harm.
Unsafe	- Something that could be dangerous or cause harm.
Feelings	- How we feel inside, like happy, sad, or angry.
Worried	- Feeling scared or unsure about something.